



ROOSTER YEAR 2017

CLUBHOUSE FACILITIES & OFFICE OPERATING HOURS

27 JAN FRIDAY Eve of CNY 28 JAN SATURDAY 1st Day of CNY 29 JAN SUNDAY 2nd Day of CNY 30 JAN MONDAY 3rd Day of CNY



| Corporate Office & Clubhouse Office | Closed at 1pm | Closed | Closed | Closed | |
|--|-------------------------|-------------------------|-------------------------|---------------|--|
| Front Office | Closed at 4pm | Closed | Open as usual | Open as usual | |
| Swimming Pool | Closed at 4pm | Closed | Open as usual | Open as usual | |
| Badminton, Table Tennis & Tennis Courts | Closed at 4pm | Closed | Open as usual | Open as usual | |
| Gold Mine (Jackpot Room) | Closed at 4pm | Closed | Open as usual | Open as usual | |
| Planet Bowl | Open till 3am | Open till 3am | Open as usual | Open as usual | |
| Pisces KTV | Closed | Open from 6pm | Open from 6pm | Open as usual | |
| Qian Xi Restaurant | Open as usual | Open as usual | Open as usual | Open as usual | |
| Climb Asia | Open from 10am – 9pm | Open from 10am – 9pm | Open from 10am – 9pm | Open as usual | |
| Khus Gymnasium | Open from 8am – 4pm | Closed | Open as usual | Open as usual | |
| Hot & Co Café @ Poolside | Open from 8am – 4pm | Closed | Open as usual | Open as usual | |
| Hot & Co Café @ Planet Bowl | Open as usual | Open as usual | Open as usual | Open as usual | |
| Vyasa Yoga | Open from 8am – 4pm | Closed | Open as usual | Open as usual | |
| Futsal | Open as usual | Open as usual | Open as usual | Open as usual | |
| Alpha Bowl | Closed | Closed | Closed | Closed | |
| Shitoryu Karate | Closed | Closed | Closed | Closed | |
| | | | | | |
| Club Facilities and Front Office | Open till 4pm | Closed | Open as Usual | Open as Usual | |



| Chile Feeilities and French Office | On an till to a | Classal | 0 | 0 | | |
|------------------------------------|-----------------|--------------|---------------|-----------------------|--|--|
| Club Facilities and Front Office | Open till 4pm | Closed | Open as Usual | Open as Usual | | |
| Westwood Bowl | 8.30am – 3am | 8.30am – 3am | 8.30am – 3am | 8.30am – 2am | | |
| Treasure Cove (Jackpot Room) | Open till 4pm | Closed | Open as Usual | Open as Usual | | |
| GymmBoxx | 7.30am – 11pm | 8am – 8pm | 8am – 8pm | 8am – 8pm | | |
| Kacia Café | Closed | Closed | Closed | Closed | | |
| Hilltop Garden Restaurant | 10am – 10pm | 10am – 10pm | 10am – 10pm | 10am – 10pm | | |
| Thinkel Learning Lab | Closed | Closed | Closed | Closed | | |
| Appetizer Café | 10am – 1am | 9am – 1am | 9am – 10pm | 10am – 11pm Closed | | |
| Ultimate Spa | Closed | Closed | Closed | | | |
| Dad's Corner | 5pm – 10pm | 2pm – 10pm | 2pm – 10pm | Closed | | |
| Artzone | Closed | Closed | Closed | Closed | | |
| 8 Degree Lounge | 7pm – 1am | 5pm – 1am | 5pm – 1am | 3pm – 1am | | |
| Glow Wellness | 10am – 5pm | Closed | Closed | Closed | | |
| Shining Star KTV | Closed | Closed | 6pm – 1am | 2pm – 1am | | |
| Brilliant Kids (MMI) | 7am – 2pm | Closed | Closed | Closed | | |
| Pro Shop (bowling) | Closed | Closed | Closed | Closed | | |
| | | | | | | |



| Brilliant Kids (MMI) | 7am – 2pm | Closed | Closed | Closed | | | | |
|---|--|--|--|--|--|--|--|--|
| Pro Shop (bowling) | Closed | Closed | Closed | Closed | | | | |
| | | | | | | | | |
| Club Front Office | 8.30am – 4pm | Closed | Open as usual | Open as usual | | | | |
| Club Facilities: Swimming Pool & Tennis | Open as usual | Open as usual | | | | | | |
| Check-in Office | 8.30am – 10.30pm | 8.30am – 10.30pm | Open as usual | Open as usual | | | | |
| Chalets & Villas | Open as usual | Open as usual | Open as usual | Open as usual | | | | |
| Lucky 88 (Jackpot Room) | Closed at 4pm | 4pm – 1am | 10am – 3am | Open as usual Open as usual | | | | |
| Changi Resort Bowl | 9am – 3am | 9am – 3am | 9am – 3am | | | | | |
| Bistro Bowl Café | 10am – 1am | 9am – 1am | 9am – 11pm | 9am – 11pm Closed | | | | |
| BIO Bowl Lab | 2pm – 5.30pm | Closed | Closed | | | | | |
| 8 Degree (KTV) Lounge | 7pm – 1am | 5pm – 1am | 5pm – 1am | 5pm – 1am | | | | |
| Hornbill Café | 10.30am – 3.30pm | Closed | Open as usual | Open as usual | | | | |
| Meyer House Restaurant & Bar | 10.30am – 3.30pm | Closed | Open as usual | Open as usual | | | | |
| The Facility by Swim Bike Run | Closed | Closed | Closed | Closed | | | | |
| Gold's Gym | Closed | Closed | Closed | Closed | | | | |
| Dragon Phoenix Restaurant (Contempo) | 11am – 2pm (Lunch) 5pm – 10pm (Dinner) | 11am – 2.30pm (Lunch) 5pm – 10pm (Dinner) | 11am – 2.30pm (Lunch) 5pm – 10pm (Dinner) | 11am – 2.30pm (Lunch) 5pm – 10pm (Dinner) | | | | |
| | Only CNY Dim Sum & Ala Carte Menu | Only CNY Dim Sum & Ala Carte Menu | Only CNY Dim Sum & Ala Carte Menu | | | | | |

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CSC @ Tessensohn

60 Tessensohn Road, Singapore 217664 Tel: 6294 8933

CSC @ Changi

2 Netheravon Road, Singapore 508503 Tel: 6709 4709

CSC @ Bukit Batok

91 Bukit Batok West Ave 2, Singapore 659206 Tel: 6513 7480

Corporate Services

Membership Matters

Tel: 6514 3637 (Goh Chong Chen) Tel: 6391 5615 (Ricky Ng) membership@csc.sg

Sports Activities

Tel: 6391 5619 (Samantha Fok)

Social Activities

Tel: 6391 5613 (Samantha Chin) Tel: 6391 5607 (Onn Hai Ming) Tel: 6391 5624 (Kua Gek Cheng) Tel: 6391 5641 (Vanessa Choo) Tel: 6391 5620 (Serene Cho) events@csc.sg

For details on CSC's tenants at the 3 Clubhouses, kindly refer to our website at



http://www.csc.sg



Civil Service Club



feedback@csc.sg

Dear members,

As we close chapter 2016, we warmly welcome 2017 with new hope, opportunities and aspirations to make the year better than that of the yesteryear. The Management wishes all members happiness, good health and a fulfilling 2017.

Social Activities (Nov - Dec 2016)



CSC Singing Stars – The Club ended 2016 with a bang, with activities appealing to the different interests of our members. The CSC Singing Stars final that was held at the Tessensohn Clubhouse Auditorium on 5 Nov '16, saw a huge turnout of supporters from the various Government Ministries cheering for their friends who were in the finals. The impressive vocal standard of the finalists for both categories gave the judges a hard time deliberating on their ranking. The vocal quality and stage performance, were the best we have had over the past few years. Kudos to all the finalists for putting up such great performances in the final. Congratulations to the champions Ms Shikin Imran, Mr Gerard Danker and Mr Ang Peng Hock, and our heartiest thank you to all who have participated in the preceding rounds of CSC Singing Stars. The details are on page 14 and 15.

The Children's Xmas Party held at CSC @ Tessensohn's function rooms on 10 Dec '16, drew more than 80 members' children all dressed to the theme of the party, Disneyland. In addition, the Club also invited 30 children from the Hougang Sheng Hong Student Care Centre to join in the fun as part of the Club's CSR programme. It is always energising to see children all excited and running around, queuing patiently for their candy floss and popcorn or actively participating in the games organised for them. Every participant went home with a photo taken together with their parents and of course, the Disney cartoon characters Micky and Minnie Mouse. To the children's delight, Santa was also there to give each child a present.

Eat, Drink & Party – The Club in collaboration with the 1925 Brewin Co. organised a eat, drink and party event at CSC @ Tessensohn's poolside on the 10 and 11 Dec '16, between 4pm and 11pm. The weather was good and more than 120 patrons, mostly family and friends, turned out for the event on each day. There was good BBQ food, wide selection of craft beers and a live band in attendance. Our members even enjoyed a 30% discount on the ticket price.

Bird Shows at Changi Clubhouse – Changi Clubhouse was transformed into an aviary on 11 Dec '16 between 11am and 4pm when the Club partnered Birdies and Family to host their 2nd Anniversary. There were parrotlets, parrots, cockatoos and macaws of different species in each category and in different hues and colours. There were bird shows where the birds were allowed to fly freely and upon the signal of their owners, flew back to their owners. Of course, some of the playful ones would cause their owners some anxiety by perching on trees and refusing to obey their owners' signal. The macaws were especially loud, calling away in their aggressive, raspy, throaty voice whenever other macaws were roaming in the air. The most expensive birds on display were a pair of Blue Macaws that cost \$40K each and a pair of Black Palm Cockatoos, an endangered species. There were many visitors captivated by the birds, some interacting with the bird owners, others taking photos of and with the birds, under the supervision of the bird owners. It was indeed a fun, educational and enriching experience. For the bird lovers who missed this event, do look out for such shows to be held at CSC @ Changi. We hope to have a guarterly or bi-monthly show there. You can view some of the highlights of the bird show at page 16.

The Year End Countdown Party 2016 – This event has received an overwhelming response from our members, and while we had initially planned for 45 tables, we eventually took in 50 tables. Some of the members had to be turned away as 50 tables is the very maximum the ballroom can accommodate. For the members who booked and those who were unsuccessful in their bookings, thank you very much for your support. The CSC Count Down Party 2017 will be held at Pan Pacific Hotel.

STAR Games



Duathlon – The CSC Singapore Duathlon held at Angsana Green East Coast Park on 19 Nov '16 saw a good turnout of 280 public officers pushing themselves physically to their limit to either run and cycle or for the relay segment of run, cycle and run. We had a special guest dropping in to participate. He was none other than Head of Civil Service, Mr Peter Ong, who together with his nephews took part in the relay team segment. He sportingly cycled 36km while his nephews did the 5 and 10km run. This event is gaining popularity among the public officers and we

have included it as one of the competitive STAR games. MOM, CPF and MHA were our biggest supporters for the relay team event and we look forward to more participation from the other Government Agencies, especially our uniformed agencies, for Duathlon 2017. (Please refer to page 18 and 19 for the details).

Cycling Interest Groups – The CSC Cycling Interest Group is a very active group of cyclists that plan their own weekend cycling activities both locally and overseas. Each year they will organise a cycling trip to Taiwan sometime in November. This year, a group of 23 cyclists led by the Interest Group's Vice President, Paul Chan, left for Taiwan in late November 2016. The hardcore group attempted the Wuling KOM Challenge and a leisure group attempted the easier 385km Sun Moon Lake ride. The ride took them through the mountainous scenic beauty of Taiwan. Congratulations on their successful trip to Taiwan.

STAR Games Competition – The Public Service STAR Games competition for 2016 concluded with no surprises in the winners, Ministry of Education was the champion Ministry for Division 1 and Republic Polytechnic for Division 2. Congratulations to both champion Ministries. As for the respective runners-up, both MINDEF and JTC Corporation were whiskers away and I am sure that they just need to work a little harder in 2017 to wrest the titles from these champions.

Facilities Upgrades

Futsal – The roof top tennis courts of CSC @ Tessensohn have been converted to Futsal courts and have been available for booking since end November 2016. The courts are very well furnished with good quality artificial turf, well-lit and professionally managed. It is operated by Marko Kraljevic, himself a professional football coach with more than 15 years of coaching experience. With the Futsal courts at our doorstep, we can organise the STAR games Futsal event in our Club. The details are at page 28.

Shitoryu Karate – The Shitoryu Karate Association has set up their office at CSC @ Tessensohn. In order to actively promote this form of martial art, they are renovating the open roof top space, beside the Ruby Ballroom, to a karate dojo so that the karate trainees and practitioners can train in a conducive environment. Renovation work is in progress and should be ready after the Lunar New Year. All CSC members enjoy a 20% discount on the enrolment fee.

Planet Bowl – The furniture of Planet bowl has been changed from chairs to sofas. Many bowlers have provided positive feedback on this change as the sofas are more comfortable and complement the ambience of the bowling centre.

GM's update



The Management wishes all our members and their loved ones A Happy and Prosperous Lunar New Year!





F&B Outlet in CSC @ Tessensohn - The Club would like to welcome I'S-Pot to CSC @ Tessensohn as the new operator for the bowling and the poolside café. The bowling café has already been in operation since early December 2016 and the poolside café will be ready for business before the Lunar New Year. I'S-Pot brings with them years of experience in running F&B businesses. The food is Halal, as they operate a central Halal Kitchen in Bukit Batok. So far, members are happy with the pricing and quality of food and beverages served at the bowling café. With a central kitchen, we look forward to more variety and good quality food, savoury snacks and desserts from them. To Tuckshop, the previous operator, we thank you for the collaboration over the past 2 years.

Over The Next Few Months

Social Activities

The Lunar New Year Bazaar cum Annual Lucky Draw will be the key highlight for January 2017. The event will be held at CSC @ Tessensohn on 14 Jan '17 between 10am and 3.30pm. There will be free ice cream, candy floss and popcorn for the children. A movie show, King of Mahjong, and Fengshui talk will be held at the Auditorium, while there will be bazaar booths selling a good spread of Lunar New Year fares and entertainment at the Ballroom. The Cooking Studio will host a cooking demonstration of Lunar New Year dishes and of course, there will be an hourly lucky draw and the main lucky draw which will commence with a lion dance. All members visiting the bazaar will be given a goodie bag on a first-come-first-served basis and while stocks last. The details are on pages 05 to 08.

The Lunar New Year Lohei – This event will be held at CSC @ Tessensohn, Qian Xi Restaurant, on the 3 Feb '17. The demand has been overwhelming and the bookings are almost full. As it is every one's birthday, all diners will receive a birthday gift. There will be a Lohei, sumptuous food and great entertainment. For the lucky diners, they stand to walk away with attractive lucky draw prizes. For those who wish to bring their own wine or alcoholic drinks, no corkage charge will be imposed.

Renovation & Upgrading

CSC @ **Tessensohn** – To trim the cost of utility consumption and reduce the carbon

footprint of the Club, the water heater of the changing rooms at the swimming pool will be converted to a heat pump driven water heater. This will save the Clubhouse at least 50% of the electricity consumption relative to that of the current water heater. Bukit Batok Clubhouse has installed the heat pump driven water heater in the changing room of the swimming pool since August 2016 and the electricity saving is more than 50%.

CSC @ Bukit Batok – The façade of the Clubhouse will be upgraded to make it more prominent during both day and night. Both entrances will have sheltered walkways that link the main road to the Clubhouse. They will be bright, welcoming and mobility-friendly. This is especially so for the walk-in entrance. The staircase linking the walk-in entrance to B1 will also be sheltered and lit up. The upgrading work will be completed by end March 2017.

CSC @ **Changi** – The finishing touches to the Clubhouse will be the conversion of the 4 single room suites to 2 family plus suites, the building of aluminium claddings to shield the chalet corridor from the rain and to build a permanent water proof shelter that is weather proof at the drop off area for those staying in the chalets and villas. The upgrading of the single room suites to family suites is due to the increasing demand of members requesting for the family suites rather than the single room suites. The renovation will commence in early January 2017 and will be completed before the Lunar New Year. Both the drop off shelter and the aluminium claddings works will be completed by March 2017.

In House Survey Feedback - Thank you for your feedback on the CSC Member Experience Survey 2016. We received an affirming yes to what we are doing from our members. Our members are happy with the facilities provided, events organised and services offered. Their experiences when visiting the Club are positive. Many of those surveyed read the Fusion magazine to update themselves on the happenings in the Club and found the magazine informative and well structured. There were some members who requested for more perks such as free parking, free shuttled services and a lower membership fee than the current \$6 a month for public officers. While we strive to give our members the best value we can for their membership, we also need to make sure the Club is financially sustainable in the longer-term, given the cost of infrastructure upgrading and the accessible pricing for events which we organise. This is especially so since the Club is not funded for any infrastructure upgrade by the Government and needs to pay a commercial rate for land cost annually to SLA. Despite the Club

investing more than \$60 million to enhance the experience of our members and public officers, we have not raised the membership fee over the past 7 years and have introduced parents of principle members to join as supplementary members. Many members have also requested that the Clubhouse façade of CSC @ Bukit Batok and Tessensohn be refreshed. I am happy to inform that we are working towards this request.

Do You Know?



Clubhouse Decoration Competition

- CSC @ Tessensohn emerged as the most decorative Clubhouse for Christmas decorations. Most of the decorations were either using recycled materials or made from scratch. Coming close in joint second place were CSC @ Changi and CSC @ Bukit Batok. The staff of each Clubhouse had put in a lot of effort to put up the decorations and I thank them for the very beautiful displays at all the Clubhouses. The details are on page 30.

Carpark Charges – Despite the carpark rate hikes at the public and HDB carparks, we at CSC are not increasing the carpark parking charges. Our carpark charges for members remain at \$1 per hour.

Operating Hours for Lunar New Year Period – Do check out the facilities that will be opened during the first three days of the Lunar New Year period. As Changi Clubhouse is operating a 24/7 chalet facilities, the facilities are open daily during the Lunar New Year period but may have different operating hours than usual. The details are on inside front cover.

Partnership with Changi Golf Club – For members who are golf enthusiasts, a piece of good news. We have collaborated with Changi Golf Club to enable our members to golf at a special discount. As the golf club is located beside CSC @ Changi, members can enjoy a staycation and golf holiday package when they stay at Changi chalet. So, while your loved ones who are not golfing enjoy the clubhouse facilities, golfers can just walk across to have a round of golf. The details are on page 27.

The Management wishes all our members and their loved ones A Happy and Prosperous Lunar New Year!

Kicking off 2017

with the whole family



Music, Crafts \$ More

If you're looking for more family time, look no further! Shape fond memories with your child as you learn about music together, make your very own Tsum Tsum Bento set, create your own soap or jump into the fast, exciting world of sport stacking.

Find out more about our holiday workshops on pages 34–35.



Get a healthy start to the New Year with our vibrant range of activities. With an exciting variety of classes that combine fitness and fun, there's definitely something for everyone. So round up your families, colleagues and friends, and head down to CSC for a good time together!

Flip to pages 43 – 48 for more details.



Up Your Skills

Keen to pick up a new skill or hobby in 2017? Learn from our experts and upgrade yourself with our collection of self-improvement courses.

Check out pages 48 – 50 for more details.



10am - 3pm Level 3 @ Diamond Ballroom

Free CNY Goodie Bag*, Chun Lian* Cupcorn*, Ice-Cream*, Muah Chee*

'King of Mahjong' Movie Screening

Chinese Paper Cutting Workshop

Make Your Own Chinese Lanterns and Knots!

Feng Shui Sharing On 12 Zodiac Signs

CNY Chef Creations By Chef Lisa

Cai Qing Lion Dance Performance

Members' Festive Draw

*While stocks last

MEMBER'S FESTIVE DRAW!

Join us at Level 3, Auditorium at 3pm and stand to walk away with prizes worth a total of

\$26,880!



Free Admission

More than 30 stalls at Level 3 Diamond Ballroom!

Spend \$20 to receive a lucky dip to win fabulous CNY premium goodies!

Hourly Lucky Draw!

Exciting Programmes not to be missed!



ONE STOP CNY BAZAAR

10AM-3PM
@ DIAMOND BALLROOM

More than 30 stalls with Special Roadshow Prices!

































USHER IN A SMOOTH AND PROSPEROUS YEAR FENGSHUI TALK (IN MANDARIN)

家居风水运程中文讲座

Learn how to have a smooth sailing year for your family and yourself. Join Master Ang as he shares with you various tips on maintaining good Feng Shui in your home in 2017. You will also learn to consolidate your career and maximise fortune.

Date: Saturday, 14 Jan '17 **Time:** 12.15pm – 2pm **Venue:** L3, Auditorium

2017年的计划,你拟定了吗? 展望未来,顺势而为,累积优势, 必能共赢鸡年!

让缘中秀洪文顺师傅为您分析

- 2017年全球运势吉凶、解析人生运势
- 开运风水秘诀、布局招财旺家好宅,帮助您迈向美好的前景。





CHINESE PAPER CUTTING





Cut out your own art to decorate your home or to give out as a gift for Chinese New Year. You will pick up traditional Chinese paper folding and cutting techniques to make your charming art piece in this hands-on workshop. Be amazed by what you can create!

Pre-Registration required

Date: Saturday, 14 Jan '17
Time: Session 1: 10.30am – 11.45am
Session 2: 12.15pm – 1.30pm
Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 8 Jan '17

Paper and scissors will be provided



FREE

Neck & Shoulder massage by ATOS Wellness Venue: L3, CSC @ Tessensohn

FREE

Aura Readings by New Trend Lifestyle Venue: L3, CSC @ Tessensohn





FREE

Children's Arts & Crafts by ArtZone Venue: L3, CSC @ Tessensohn

MAKE YOUR OWN CHINESE LANTERNS OR CHINESE KNOTS!

Making your own Chinese Lantern out of paper or Chinese knots from traditional string is easy and they make great decorations for your home! Come with your family for a great bonding and learning time together.



Date: Saturday, 14 Jan '17
Time: 12pm – 3pm
Venue: CSC @ Tessensohn
Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg First-come-first-served basis





KING OF MAHJONG SCREENING





Come enjoy a free movie screening in the comfort of our newly renovated auditorium. (No Registration Required)

> Date: Saturday, 14 Jan '17 Time: 10am Venue: L3 Auditorium, CSC @ Tessensohn

FREE MUAH CHEE Sponsored by

*1 coupon per person *First-come-first-served basis *While stocks last





*1 coupon per person *First-come-first-served basis *While stocks last



HOURLY BAZAAR DRAW COUPON

Timing of draw:

11am, 12pm, 1pm and 2pm **Venue:** Diamond Ballroom (Prizes to be collected by 5pm at front office)

Name:

NRIC:

2017 CNY COOK & CELEBRATE COOKING WORKSHOP

Searching for new culinary ideas for the coming Lunar New Year? Let our Chef Lisa give more recipe tips to make your festive celebration more special.



Peach Gum Niángão

Niángão, also known as Chinese New Year's cake, is made out of glutinous rice. The cake symbolises prosperity. The peach gum adds sweetness and has health benefits.

Prosperity You Ark (Salt Crust Baked Duck)

This dish is the centrepiece of any Chinese New Year dinner. The salt crust locks in the intense flavours of the marinated duck and will definitely be a favourite of your guests.



Suì Suì Píng Ān (Chikuzenni Japchae Pen Cai)

Sui Sui Ping An, a New Year greeting, translates into 'May you have peace year after year'. Pen Cai is a traditional Chinese dish that is made of many ingredients and is served on special occasions. Send your heartfelt wishes to your loved ones by serving up this dish.

Date: Saturday, 14 Jan '17

Time: 2pm – 5pm

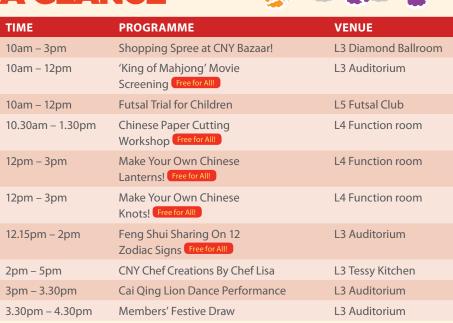
Fees: Member \$25, Public Officer \$28, Member's Guest \$30

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register By: 4 Jan '17

EVENTS AT A GLANCE





- Goodie bag redemption for CSC members only.
- Please present your CSC membership card for redemption.
- Strictly 1 redemption per member with 1 valid CSC membership card.
 - Member must be present to redeem the goodie bag.
 - Goodie bag redemption is only available on 14 Jan '17, while stocks last.

Other T&Cs apply



For more information, please visit www.csc.sg/events



http://www.facebook.com/civilserviceclub



Civil Service Club

Bazaar supported by:











CNY PROMOTION

Our member's perks just got even better this Lunar New Year! Flash your CSC card to receive wonderful privileges.

Delight in these auspicious treats and usher in the New Year.

















Original (\$8)

Choco Cheese (\$8)

Lemon Cheese (\$8)





Light Cheese (\$9)

Pandan Kaya (\$8)

SPECIAL PROMOTION

Pre-order any 3 of these delectable cakes for a special price of \$20! (limited to one Light Cheese cake per set)

Pre-orders are to be placed by 12 Jan '17

Collection done at Optimo Foods booth at the CNY Bazaar on 14 Jan '17 at CSC @ Tessensohn

For enquiries and pre-orders, please contact Optimo Foods at 6295 0973 or email@optimofoods.com



What's in store in 2017?

Learn how to have a smooth sailing year for your family and yourself. Join Master Ang as he shares with you various tips on maintaining good Feng Shui in your home in 2017. You will also learn to consolidate your career and maximise fortune.

Date: Saturday, 14 Jan '17 Time: 12.15pm – 2pm Venue: CSC @ Tessensohn Auditorium



Rat 1936, 1948, 1960, 1972, 1984, 1996, 2008

Individuals born in the Year of the Rat will have relatively good fortune. Despite clashing with Tai Sui, there will be progress in career, finance and good investment luck, particularly on property decisions. Married individuals need to actively avoid the four cardinal vices (alcoholism, sex, avarice, and arrogance). Renovate your home either in the third, fifth, ninth or eleventh lunar months to draw harmony and to help to increase wealth and bring positivity. This year, maintain good living habits and exercise more! It is also advantageous if the living room is situated in the East or North direction. Use yellow colours in your home to enhance fortune.

Lucky number: 1636



Ox 1937, 1949, 1961, 1973, 1985, 1997, 2009

With the help of the auspicious star Jin Kui, it is a year for accumulating wealth. There will be advancement in terms of career, particularly promotions and pay rise. Green colour helps boost the Wood-Fire elements that are in play this year; you can use them in your home. Avoid getting involved in loans to prevent loss of wealth. If the main door at home opens towards the South direction, let our experienced Geomancer help you get rid of bad influences. Luck with the opposite sex is good, as with social relationships. Brown colour is the auspicious colour of the year. If combined with suitable Feng Shui ornaments, it can help improve overall luck tremendously.

Lucky number: 2917



Tiger 1938, 1950, 1962, 1974, 1986, 1998, 2010

2017 brings the blessings of auspicious stars and the help of benefactors. Your lucky colours are red and pink, which can help attract benefactors and create an endless supply of good luck. At work, there will be seniors and lady benefactors who will aid you. Be careful of issues related to health and surgeries. Avoid travelling abroad with those born in the years of the Monkey, Pig, Dog, and Rabbit this year. Be sure to accumulate good karma by doing more charity. Bright yellow ornaments or wallpaper at home can maximise opportunities and gather wealth for you.

Lucky number: 5239



Master Ang is a recognised expert in both fields of Emperor Star Astrology and Geomancy. Through the years, many families, corporate leaders, bankers, high ranking government officers, lawyers, doctors, specialists in Singapore have sought his professional consultation on geomantic issues. For years, Master Ang has become a prominent icon in the field of Chinese Astrology and Geomancy, mainly due to his exquisite assessment in fortune telling and geomantic prediction. He has won much favorable reviews and great respect from his customers.





In 2017, there might be loss of wealth and a possibility of sustaining injuries. If you are pregnant, your baby will improve your luck. Accumulate good karma by providing help to others and making good connections. In the tenth, eleventh and twelfth lunar months, there will be a boost in your indirect income. Purple colour helps draw in wealth, good energy and smooth-sailing ventures. 2017 is a good year for married individuals to have babies. Try to donate blood or go for teeth polishing services to resolve the injuries brought about by the clash with Tai Sui. Make use of items and colours, like brown, that are of the Earth element to turn bad luck into good.

Lucky number: 0723



Benefactors born in the year of the Dog and Monkey are helpful towards your career progression. Career luck will be impeded if the main door of your residence opens in the South-West direction. Be cautious of respiratory, digestive and gastric issues. For married couples, there might be some squabbles. A Couple Blessing Dou will bring family harmony. The third, fifth, tenth and twelfth month will bring you luck for unexpected income. For men, you need to enhance your luck through the Guang Ming Lamp or make use of the Jiu Zi position to improve family harmony. Pink and purple colours are advantageous for you; use these colours for your home decoration items or walls.

Lucky number: 4365



Rooster 1945, 1957, 1969, 1981, 1993, 2005, 2017

Stay positive and expand your social circle, which will help greatly in terms of career progression. Be cautious when signing contracts. Those wishing to invest ought to focus on mid-term investments. Avoid high-risk activities such as diving and bungee jumping; be extra careful when on the road. In terms of relationships, just go with the flow. It is important to keep a clear head, to avoid falling into the trap of a lustful relationship. Paint the South-East direction of your home or bedroom in shades of orange or fuchsia to boost fertility and add prosperity to the family. Consider donating blood or to charities to accumulate good karma. Use brown color for your living room to improve financial luck and avoid unfavourable situations.

Lucky number: 2988



Dragon 1940, 1952, 1964, 1976, 1988, 2000, 2012

Students will achieve success and fame in academia! Working adults, will need to beware of malicious people who will lead you to calamity. Place water fountains or have white or cream coloured walls in the North and Southeast direction to dispel negativities. Pay raise and promotion opportunities await this year. Huge financial drains are possible in the second, third, tenth, eleventh and twelfth lunar months of the year. In the health aspect, beware of injuries caused by sharp iron objects. Drivers need to be careful on the road. 2017 is a favourable year for having children. Warm orange colours for the bedroom can help bring in harmony and unity for the family.

Lucky number: 5104



Sheep 1943, 1955, 1967, 1979, 1991, 2003, 2015

It is a busy year with little rewards for individuals. Attract good energy by facing your bed in either the East or South-East direction and have your walls in shades of blue. Promotion opportunities await you, so make sure you prove your worth and work diligently. Steer clear of high risk investments and be prudent with money. It is a fabulous year for singles to meet their life partner. Take note of illnesses related to blood pressure, eye disease, respiratory and heart. Create a harmonious environment for yourself by using more of your lucky color – green.

Lucky number: 8412



Dog 1934, 1946, 1958, 1970, 1982, 1994, 2006

It is important to keep a vigilant mind and stay low profile. At work, focus on developing your skills. Positive wealth luck is shining on your indirect income and investments. Earth tone colours and yellow colours in the North direction of your residence are auspicious for you. Look out for illnesses related to high blood pressure, the respiratory system, muscles and bones, reproductive system and skin. Renovating the house and lighting the Lotus Lamp at the North-East Wen Qu position can aid in career and academic progress! Pops of grey colour in the house can create a balanced feel for the residence.

Lucky number: 3198



Snake 1941, 1953, 1965, 1977, 1989, 2001, 2013

Stay positive and make use of available resources to help you stay afloat. Stay humble, keep a low profile and be resilient. Aim to be a giver instead of insisting on receiving. Blush pink colours can boost your wealth luck. We recommend going for blood donation and teeth polishing services before the lunar year to prevent any 'bloody' accidents. Negative forces can be neutralised through Feng Shui principles and tips. You can display peacock feathers or the Flying Horse Ornament in the North-East position of your residence to help attain Heaven and Earth blessings. Purple-grey colour adds sophistication to your home while attracting friends who will help you.

Lucky number: 9836



Monkey 1944, 1956, 1968, 1980, 1992, 2004, 2016

The harder you work, the greater the fruits of your labour. Do not show off to avoid being sabotaged. Investment of short-term funds will be profitable. Use Grey or Metallic Grey on your home walls to increase wealth luck. Health check-ups in the fourth, sixth and eighth lunar months are recommended. Individuals will face frequent separations from their romantic partners. Pray to the Medicine Buddha or get a Zhi Fu Dou to accumulate blessing. Make use of the colour blue for your bedroom to build a peaceful haven.

Lucky number: 6795



'ig 935, 194:

1935, 1947, 1959, 1971, 1983, 1995, 2007

The year is suitable for further studies and to upgrade your skill set. Financial luck for indirect income is good. Individuals can invest moderately in stocks. Males will have luck in romance. It is also a good year for marriage. While single ladies have average luck in romance, married females might receive good news about conceiving this year. To improve your love life, use shades of pink in your bedroom. In 2017, praying to your ancestors will accumulate good fortune and protect your family from harm. Pastel blue or blue grey walls for your children's bedroom can help stabilise emotion and improve their ability to learn.

Lucky number: 5732



CSC IN-HOUSE MOVIE SCREENINGS

Come and join us in our newly renovated auditorium at the Tessensohn Clubhouse for our FREE in-house movie screening! We will be playing different blockbusters monthly. Be sure to go to www.csc.sg/events for updated dates and movie titles to be played. Now you can catch your favourite movies in a high-quality space with top-notch acoustics and great seating.

Tangled*

Date: Friday, 24 Feb '17

Time: 7pm

How To Train Your Dragon*

Date: Friday, 24 Mar'17

Time: 7pm

For all the above screenings:

Venue: CSC @ Tessensohn Auditorium

* Titles, dates and timings are subjected to change.
Please refer to www.csc.sg/events for the latest updates.









Melodious voices and powerful vocals filled the auditorium at CSC Tessensohn, as 30 contestants hailing from 15 government agencies belted out song after song in the finals of the sixth season of CSC Singing Star on 5 November.

While obviously talented, the contestants had different reasons for joining. Some like Desmond Teo from National Library Board were there for the fun of it. "I like to join singing competitions. I get to know other talented singers, and I enjoy the camaraderie when we hang around backstage."

Others like Mohamad Saiful Bin Ahmad Sinin from the Accounting and Corporate Regulatory
Authority (ACRA) signed up to accompany their colleagues.

Regardless of their motivations, their friends, families and colleagues came in full force to cheer them on in the Pop Idol and Evergreen categories as well as the new Champion of Champions contest that featured previous winners from the past few years. Among the supporters was Sally Loo who was rooting for her colleague, Mohamad Saiful. "I've seen him perform at the company D&D before. He's good. So we came down to support him."



event highlights

It proved to be a tough battle for the singing crown. From ballads to pop favourites, the competitors showed off their talents as they commanded the stage. Wowing the audience with her energetic dance moves and pitch perfect rendition of Michael Jackson's "Black or White" was Shikin Imran, from the Singapore Civil Defence Force, who topped the Pop Idol category. She even performed in full King of Pop gear, complete with a black leather jacket and boots.

Indeed, crooning skills were not the only criteria that the judges took into account. Said Ivy Wee, one of the judges and CSC's in-house karaoke instructor, "We look for the overall package, their singing, stage presence, costume and whether all these match the song they are performing."

Gerard Danker, the Evergreen Champion from the Ministry of Education who signed up for the competition after learning about it from an issue of Fusion,

(4)

"I'm excited to win. I'll probably spend the \$1,000 cash prize on some nice stuff during my year-end holiday trip"

> - Gerard Danker, the Evergreen Champion



had the crowd clapping along to his medley of Elvis Presley songs while showing off his fancy footwork on stage. "I was the only one who sang a fast song, and I think that helped me to stand out."

Building on his success last year as the Evergreen category winner, Ang Peng Hock, CSC Member, took home the trophy in the inaugural Champion of Champions competition. Hitting the high notes, his soulful rendition of a Terry Lin favourite held the judges and crowd spellbound. Said Ang, "Compared to last year, the quality of the contestants is higher this year. Probably because people are learning from YouTube."

When the results were announced, there were smiles and cheers all around as both winners and runner-ups took to the stage to receive their prizes from Mr Charlie Ng, General Manager of CSC, with the champion of each category walking away with \$1,000 cash, a trophy and a photography and makeover session sponsored by The Makeover Inc.

And they weren't the only ones to go home with prizes. Rounding up the fun-filled Saturday afternoon, 6 pairs of movie tickets were also handed out to 6 audience members for correctly predicting this year's winners.



CONGRATULATIONS TO THE WINNERS OF THE CSC SINGING STAR!

RESULTS

POP IDOL

Champion Shikin Imran Singapore Civil Defence Force
1st Runner-Up: Joyce Lockwood Ministry of Education
2nd Runner-Up: Arielle Huang Public Utilities Board

EVERGREEN

ChampionGerard DankerMinistry of Education1st Runner-Up:Steven MonisPublic Utilities Board2nd Runner-Up:Benjamin Heng Chek KuanSingapore Police Force

CHAMPION OF CHAMPIONS

Champion Ang Peng Hock CSC

1st Runner-Up: Sharon Looi Infocomm Development
Authority of Singapore

2nd Runner-Up: Maisya Binte Abd Karim Singapore Civil Defence Force

- 01 Pop Idol winner Shikin Imran showing off her singing skills
- **02** A heartfelt performance by our Champion of Champions Ang Peck Hong
- 03 Thumbs up to our winners!

- **04** Evergreen Champion Gerard Danker showing he's still got it
- **05** Mr Charlie Ng handing out prizes to our winners
- **06** The coveted Singing Star trophy



CSC Changi was honoured to host a special group of friends from Birdies and Family SG on Sunday, 11 Dec '16. This group of vibrant bird lovers, no stranger to the Club, celebrated their 2nd Anniversary with a host of activities. There were photo booths where you could take a selfie with your favourite bird, Grooming and Education stations where care tips were shared and the Pet Birds Buffet station. The event was by far, the largest gathering at Changi of over 80 feathered friends and over 200 members and their families. The Stars of the day were none other than the wide variety of birds from the Parrot family, featuring Cockatiels, Budgerigars, African Greys, Cockatoos, Eclectus, Galahs and Macaws. The members were also treated to a special display of the Blue Hyacinth Macaws worth \$40,000 each and the endangered Black Palm Cockatoo. The highlight of the day was the free-flying session where the audience was enraptured by the birds flying around the sky as their owners whistle.







A WALK THROUGH A UNESCO WORLD HERITAGE SITE

The Singapore Botanical Gardens is the first and only tropical botanic garden to be inscribed on the UNESCO's World Heritage List. Besides, it was just a drop away from Singapore's main shopping area. Thus, it was befitting for the Civil Service Club to organise a walk through it. On 25 November 2016, 40 people from various government agencies gathered at 4pm in anticipation to explore this 156-year-old garden.

For Ms Christine Ong from Central Provident Fund Board, this was a wonderful opportunity to rediscover this place of interest after visiting it a long time ago. "I felt excited to participate before the Walk and enjoyed the natural surroundings during the Walk," she gushed. Furthermore, she was able to exercise during the 1½ hours walk while appreciating the largest collection of orchids.

The Walk ended with participants having a go at a lucky draw.













CIVIL SERVICE CLUB

SINGAPORE DUATHLON 2016

Warming up in their brightly coloured sportswear while others wheeled their bicycles into the transition zone, over 1,500 participants and their supporters gathered at East Coast Park on 19 November to compete in the second edition of the Civil Service Club Singapore Duathlon.



The run-bike-run race featured a category for public officers and races with varying distances to cater to people of different fitness levels. Designed to be as inclusive as possible, the event covered everyone from experienced duathloners to kids as young as eight.

Also present was Mr Peter Ong, President, CSC and Head of Civil Service, who was participating with his two nephews in the team relay event where he took on the 36km bike ride and his nephews raced the 5km and 10km routes. "It's very good for CSC to organise events like this. It promotes a healthy lifestyle and is good for members and the public. It's also a good opportunity for family bonding."

Flagging off the Public Service races was Guest-of-Honour and CSC Chairman Board of Games, Mr Tan Boon Huat.



Nine government agencies fielded 26 teams for the Public Service team relay event, encouraging a healthy lifestyle among their staff. Throughout the day there was a spirit of camaraderie among the participants. Said Lee Pak Sing, who was part of the Ministry of Manpower's (MOM) four-team

contingent, "It's a great event to get team members together for an exciting activity outside the office. We run as a group regularly so we thought it would be fun to join the event."

Also taking the time to hang out with his family was Anthony Tan



event highlights

from the Ministry of Education.
The avid marathoner was there to support his son, daughter and their friends in the kids run. "It's good spending time together and training together." His daughter, 11-year-old Ashlyn agrees. "My brother and I have about 12 medals in total but he has more than me. I'm hoping for another medal today. It's feels good when you see yourself improve."

Some participants were there simply to enjoy themselves. "I can meet new friends here and challenge myself," said 12-year-old Glen Ong who took part in the youth run. Others like 19-year-old Denise Chan had higher aspirations. "I'm trying out for the SEA Games Triathlon next year, so this is good practice for it."

As the day wore on and the participants crossed the finished line, a growing sea of satisfied faces crowded around the massage booth and refreshment stands. For Poh Chung Kiat, winner of the Public Service Men's 40+ Sprint run, flexible work arrangements definitely contributed to his victory. "SAF has a healthy lifestyle programme where we can come to work later on Mondays, Wednesdays and Fridays to allow us to exercise. I take advantage of this to do running."

From fitness to family time to fun in the sun, whatever their motivations everyone rose to the challenge and emerged as champions in their own right – medal or not.



"Last year I joined the Open Category and was third. I joined with friends and colleagues. Social support is important."

> - Poh Chung Kiat, Winner, Public Service Men's 40+ Sprint Run











- 01 Putting the pedal to the metal
- 02 Ready, get set, run!
- 03 Mr Peter Ong, President, CSC and Mr Tan Boon Huat, CSC Chairman Board of Games flagging off the race.
- 04 Trophies for our winners

- 05 Mindef's Poh Chung Kiat emerging tops in the Public Service Men's 40+ Sprint race
- **06** Athletes getting a boost from their supporters
- 07 A show of unity from the Ministry of Manpower team
- 08 Putting their best foot forward

SPORTS NEWS

MOE TAKES BACK OVERALL 9-PIN TAP **BOWLING** CHAMPIONSHIP **PRIZE**

22 OCTOBER 2016

It was a month of thrills as 208 teams from 30 government agencies took to the lanes from 24 September 2016 to battle out for top spots in the Public Service 9-Pin Tap Bowling Competition. Ministry of Education (MOE) washed out a strong field at Tessensohn Clubhouse's Planet Bowl on 22 October 2016 and shot their way to an overall win.

It was sweet victory for the Ministry as they also grabbed the top two positions in the Mixed Category. Looking forward, MOE Team Managers Jasper Chua and Yang Jianfeng want to increase the confidence of their players. "We will encourage them to improve their game and allow better players to 'move up the ranks' as we field them in more competitive teams," they shared.

Guest-of-Honour and CSC Executive Member Mr Jerry Lim gave out prizes to the winning teams.

MINISTRY OF **EDUCATION** TAKES MIXED **FLOORBALL** TROPHY AGAIN

22 OCTOBER 2016

Republic Polytechnic's Sports Hall became an exhilarating arena on 22 October 2016 as 32 teams from 13 governmental organisations contested to be champions at the 3-on-3 Mixed Floorball Carnival.





RESULTS

Women's Category

Ministry of Education (W1) Champion: Ministry of Health (W2) 1st Runner-Up:

SINGHEALTH/NTFGH

2nd Runner-Up: Ministry of Defence (W1) 3rd Runner-Up: Housing and Development

Board (W1)

Men's Active Agers Category

Ministry of the Environment Champion: and Water Resources (MAA 1)

National University of

1st Runner-Up: Singapore (MAA 1)

2nd Runner-Up: Ministry of Education (MAA 1) 3rd Runner-Up: Maritime and Port Authority

of Singapore (MAA)

Mixed Category

Ministry of Education (1) Champion: 1st Runner-Up: Ministry of Education (2) 2nd Runner-Up: Ministry of Defence (1) 3rd Runner-Up: Ministry of Defence (6)

OVERALL POSITION

Ministry of Education Champion: Joint 1st Ministry of Defence Runner-Up: Ministry of the

Environment and Water

Resources

Joint 2nd Ministry of Health Runner-Up: National University

of Singapore



Ministry of Education (MOE) proved once again to be the stronger player and captured the top 2 spots.

Winning was not on the minds of the Ministry. "The teams set out to have fun through sports, make friends and play our best", said MOE team manager Mr Hector Gomez. 2 of their teams were even formed out of interest. This focus helped take away any undue pressure and they were rewarded with a well-deserving victory.

RESULTS

Mixed Category

Champion: 1st Runner-Un: 2nd Runner-Up:

Ministry of Education (1) Ministry of Education (3) Inland Revenue Authority Singapore (1)

3rd Runner-Up: Housing and

Development Board (2)



MOE SMASHED THEIR WAY TO **TABLE TENNIS VICTORY**

8 NOVEMBER 2016

34 teams from 14 government agencies converged at Toa Payoh Hub's Club HDB from 17 October to 8 November 2016 for the Public Service Table Tennis Tournament. With great tenacity, Ministry of Education (MOE) managed to push through and claim the overall championship trophy.

The Ministry had their fantastic teams to thank. As with previous year, the Women's



Open final was keenly fought. Both Ministry of Home Affairs (MHA) and MOE were evenly matched. Tension was high. However, MOE kept their composure and eventually sealed their victory. "If MHA were to win, MHA would be the overall joint-champions with MOE," confessed MOE Team Manager Mr Yap Heong Meng.

FAVOURITE MINISTRY OF HOME AFFAIRS CROWNED SNOOKER KING

2 NOVEMBER 2016



It started 3 weeks before as 14 teams from various government agencies competed with each other at the Public Service Snooker Competition. It culminated on 2 November 2016 at King's Pool (Ang Mo Kio) as teams from Ministry of Home Affairs (MHA) faced off each other for the top 2 spots.

"Frankly speaking, we didn't target to be champion this year because our players lacked proper training," admitted MHA Team 1 Captain Mr Leslie Ng. Besides difficulties between juggling games and work, there was no proper training ground. However, the commitment and patience of the players paved their way to victory and Mr Ng salutes all of them for it.

RESULTS

Men's Open Category

National University Champion: of Singapore 1st Runner-Up: Ministry of Education 2nd Runner-Up: Ministry of Defence

3rd Runner-Up: Ministry of Environment and

Water Resources

Women's Open Category

Champion: Ministry of Education 1st Runner-Up: Ministry of Home Affairs 2nd Runner-Up: Ministry of Health 3rd Runner-Up: National Technological

University

Men's Senior Category

Champion: Ministry of Home Affairs 1st Runner-Up: Land Transport Authority 2nd Runner-Up: Ministry of Education 3rd Runner-Up: Ngee Ann Polytechnic

Men's Active Agers Category

Champion: Housing and Development Board 1st Runner-Up: Ministry of Health Ministry of Home Affairs 2nd Runner-Up: 3rd Runner-Up: Temasek Polytechnic

OVERALL POSITION

Champion: Ministry of Education Ministry of Home Affairs 1st Runner-Up: National University of 2nd Runner-Up: Singapore

3rd Runner-Up: Land Transport Authority



RESULTS

Ministry of Home Affairs (1) Champion: Ministry of Home Affairs (3) 1st Runner-Up: Ministry of Defence (1) 2nd Runner-Up: 3rd Runner-Up: Singapore Power Ltd



MHA CAPTURES 18TH OVERALL TROPHY AT DRAGON BOAT RACE



5 & 6 NOVEMBER 2016

Enthusiastic crowds were treated to a fine spectacle at the Singapore River on 5 & 6 November 2016 as 96 teams from over 15 government agencies paddled ferociously at the Public Service Dragon Boat Race, held in conjunction with the 34th Singapore River Regatta. Once again, Ministry of Home Affairs (MHA) was unbeatable and captured the overall title for the 18th time!

It was the toughest year for MHA as they faced stronger teams and experienced close shaves. "The anxiety was transparent when we crossed the finishing lines and awaited for the overall timing results," said MHA Team Manager Superintendent (Police 1A) Alan Wong. But it was strong support and concerted team effort, plus good luck, that kept them at the top. Memory of this will remain in the team for some time.



RESULTS

Open Category

Champion: Ministry of Defence
1st Runner-Up: Ministry of Home Affairs (A)
2nd Runner-Up: Ministry of Education
3rd Runner-Up: Ministry of Home Affairs (B)

Mixed Category

Champion: Ministry of Home Affairs (A)
1st Runner-Up: Ministry of Home Affairs (B)
2nd Runner-Up: Ministry of Defence
3rd Runner-Up: Land Transport Authority

Active Agers Category

Champion: Ministry of Home Affairs 1st Runner-Up: Housing and Development Board

2nd Runner-Up: Ministry of Defence
3rd Runner-Up: Land Transport Authority

Men's Senior Category

Champion: Ministry of Home Affairs
1st Runner-Up: Ministry of Defence
2nd Runner-Up: Land Transport Authority
3rd Runner-Up: Ministry of National

Development

Women's Category

Champion: Ministry of Home Affairs (A)
1st Runner-Up: Ministry of Defence
2nd Runner-Up: Ministry of National

Development

3rd Runner-Up: Ministry of Home Affairs (B)

Men's Category

Champion: Ministry of Home Affairs (A)
1st Runner-Up: Ministry of Defence
2nd Runner-Up: Land Transport Authority (B)
3rd Runner-Up: Ministry of Education

OVERALL POSITION

Champion: Ministry of Home Affairs 1st Runner-Up: Ministry of Defence 2nd Runner-Up: Land Transport Authority









MOE CATCHES MIXED FRISBEE **WIN AGAIN 26 NOVEMBER 2016**

Yishun Stadium turned into a thrilling playing field on 26 November 2017 as 5 government teams tried to break through and capture the Public Service Mixed Frisbee Competition trophy. Eventually, Ministry of Education (MOE) retained their title despite sending an entirely new team.

Numerous striking moments featured in the winning Ministry's journey to victory. "Mindef gave us a scare in the final by scoring first on our offensive point, the first time it happened in the competition", shared MOE team captain Robin Goh Jin Quan. One of their players also managed to intercept the disc in Ministry of Trade and Industry's scoring area while being on the defensive, a rare occurrence that earned MOE a point.

RESULTS

OVERALL POSITION

Champion: 1st Runner-Up: 2nd Runner-Up: 3rd Runner-Up:

Ministry of Education Ministry of Defence Ministry of Trade and Industry **Sport Singapore**

DETERMINATION **AND FUN AT CSC AEROBICS FIESTA 2016**

19 OCTOBER 2016

More than 20 participants from various government agencies gathered at the Tessensohn Clubhouse on 19 October 2016 to experience an intense but fun 2-hour aerobics session. They went through a vigorous martial arts routine for CombatFit and sweat out while jamming to the latest K-Pop tunes for KPOPX Fitness.

For Ms Charmel Lee from Central Provident Fund (CPF), her first Fiesta was a great opportunity for her and her colleagues to get started on exercising. However, she didn't expect it to be exhausting and wanted to give up. "But when I saw everyone giving their best and having



a good time, I felt more motivated," she confessed. Her persistence paid off and she was rewarded for having the best endurance throughout the workout.

The other participants received fun packs and a chance at a lucky draw. CPF's Yee Yoke Fong took home the first prize.

sports





CSC CYCLING ESCAPADES

Have Bike Will Travel

Our fortnightly local rides have taken members to almost every corner of Singapore. Most of us would not have gone to these places, had it not been for the hard work of our Local Ride Convener, Richard Goh. With Sandra Loke and Robin Tan volunteering to look after slower cyclists, we will be exploring more places.











Numerous rides were made to many places across the Causeway. Batam and Bintan are two of our favourite Riau Islands. Taiwan is our major overseas outing held annually.









CHANGES FOR THE BETTER

Membership

Many members welcomed the Management Committee's efforts to make the Club more attractive. Reduction in our annual membership subscription saw encouraging renewals and attracted new members who decided to take up our special offer. We hope members will continue to reach out to their colleagues and friends so that they can receive the Club's wide range of benefits and at the same time enjoy many cycling trips in the company of like-minded enthusiasts.

Membership has its privileges! As a member of CSC Cycling Club, you enjoy a host of benefits that outweigh the \$12 subscription you pay annually:



- One-time purchase of CSC Cycling Club jersey at subsidised rate.
- Free overseas trip full jersey (approximately \$200) for one major event of the year.
- Breakfast allowance for every fortnightly local ride.
- Well supported overseas rides with Ride Leaders and support vehicles.
- Free participation in selected major CSC events.



sports

Cycling for All

In response to feedback, we will pay more attention to cyclists who prefer to cycle at a slower pace. For a start, our local rides will have a pair of Ride Leaders who will take care of faster riders and another for leisure riders. This has worked well for the last few rides and we hope to see more members joining our fortnightly rides in the year ahead.

Our November Taiwan trip had a group of hard core cyclists who attempted the Wuling KOM Challenge and a leisure group who attempted the easier 385km Sun Moon Lake ride. Everyone had their share of challenging their limits or cycling at their own pace. We will give you a full account of this trip in our next newsletter.



Your feedback has helped us introduce new initiatives, so keep them coming as we look to serve you better and implement positive changes.

The Blame Game

Not long ago cyclists were blamed for creating a nuisance in public areas. We were blamed for our reckless and inconsiderate riding. With the arrival of electric bikes and personal mobility devices, the blame has now shifted to another group. Harsh views have been expressed in the media concerning their use and intrusion. Whether we like it or not, this new 'invasion' is here to stay and authorities are working hard to find a practical solution. Let us exercise care and consideration. With greater understanding, everyone can enjoy common facilities and feel safer.

Safety First

FIRST

Every sport has its own risks and some can be fatal; likewise with cycling. Especially when you cycle on busy roads without any safety gear and consideration for others. However, the unexpected can also sometimes happen.

One of our members, Lim Chye Soon, learnt this the hard way. An experienced cyclist who had attempted many rides including Taiwan, had a nasty fall during one of our fortnightly rides to Mount Faber. The group was training for their Taiwan ride in November and was cycling up the hill a few times. On their first attempt, Chye Soon was thrown off his bike and

fell unconscious on the tarmac. Eddie Tan was the first to reach him and immediately rendered first-aid.

Chye Soon was out for about five to ten minutes.

When he came to, he was confused and could not recall what had happened. There was a nasty crack on his helmet, which had to be condemned later. The helmet had saved his life; for without it his skull would have taken the blow and the consequences would be unthinkable.



This incident is an eye opener not only for Chye Soon, but for all cyclists. Though cycling may not be as dangerous as some might consider, we must not underestimate the risks and the likely serious injury that can result when you are thrown off your bike.

We would like to highlight two things from this incident: firstly, it is always better to be safe than sorry. We must always take every precaution to minimise the possibility of accidents, like maintaining our bikes and ensuring we are physically fit to undertake any ride. Chye Soon is a seasoned cyclist with vast experience and yet the unexpected happened.

Secondly, we want to praise the CSC cyclists who went to Chye Soon's aid. Eddie, who not only rendered first-aid, stopped his training to escort Chye Soon to a doctor and to make sure he was alright. The team spirit amongst our members is something we are proud of and we are confident that other cyclists would have done what Eddie did without hesitation.

A little common sense goes a long way to prepare you for the unexpected and keep you safe on the road.

- Take care of your bike and it will take care of you. Ensure it is always in tip-top condition.
- 2. Make a quick routine check of your bike, especially the brakes, before setting out. Do not assume everything is in good order.
- Never compromise on safety. Helmets, gloves and suitable attire are essentials you should not go without.
- 4. Wear bright coloured clothes so that you can be seen clearly from a distance. Fix the front and rear lights as you never know when you would need them.
- 5. Cycle in the company of others, especially in unknown territory and long distance rides.

- 6. Carry a whistle to attract attention or call for help.
- If you are unfit or recovering from a recent illness, do not attempt any strenuous exercise. Get your doctor to give the green light first.
- 8. Observe all traffic rules and ride safely.
- Avoid cycling on busy roads unless you have no option. Use park connectors and roads with less traffic instead.
- 10. Cycling in wet weather is not advisable, poor visibility and slippery roads are sure ingredients for an accident.





SBR RETUL BIKE FIT STUDIO

\$200 Non CSC Member: \$220

* Terms & Conditions Apply

SBR Retul Bike Fit Studio presents
Retul 3D Motion Capture Technology for Cyclists.

Retul Technology is a cycling-specific motion-capture bike fitting system that uses 3D infrared motion sensors to record precise and comprehensive fit data as you are in motion, thereby providing the rider with the best position that provides both power and comfort.

Applicable to Road Bike, TT Bikes and Mountain Bikes. Learn more about Retul and what we offer by visiting www.swimbikerun.com.sq

Book Your Bike Fit Session Now! CSC Member promo code: CSC200BF





clubhouse

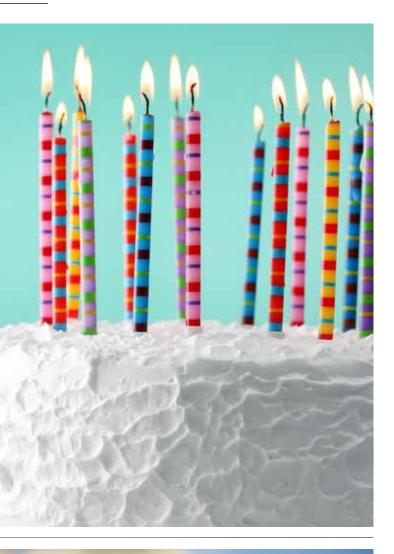
Celebrate Your Birthday @ Changi Resort

Enjoy 20% off on your Superior or Deluxe Suite when you stay at Changi Resort during your birthday month. Savour and remember your special day by having it with us. Terms and conditions apply.

Open to Principal Members & Supplementary Members

Contact us at rooms@csc.sg for more info. There's plenty for you to explore! Visit www.cscchangi.sg for more information.







Tee Off to Special Rates at Changi Golf Club

CSC members enjoy preferential rates when they play a game of golf at Changi Golf Club.

You can now swing off on weekdays (except Eve and PH) at our special prices:

| | CSC MEMBERS | CSC MEMBERS GUEST |
|-------------------------------|---|---|
| Monday afternoon to Friday | \$35.00 for 9 holes inclusive of twin sharing buggy (price before GST) \$50.00 for 18 holes inclusive of twin sharing buggy (price before GST) | \$45.00 for 9 holes inclusive of twin sharing buggy (price before GST) \$90.00 for 18 holes inclusive of twin sharing buggy (price before GST) |
| DAY AND TIMING | | |
| Monday Tuesday to Friday | 12pm – 4pm 7.30am – 4pm | |

Requirements:

- Golfers must show valid USGA HI / Handicap cert at the golf counter to play at CGC
- CSC members must show valid membership to enjoy special price
- CSC members must arrive 30minutes before tee off timing to make payment at Golf Club
- Accompanying guests of CSC members will pay prevailing walk in visitors rate

Book your golf online http://www.csc.sg/golfatcgc or call 6709 4709 for more info.





clubhouse



FACILITIES IN

The Heart of The City

The most ideal location that provides for your recreational and sporting needs at a great value. It now comes with even more new and enhanced facilities; and yet still affordable as a training and meeting space.



Stadio Futsal Opens New Rooftop FUTSAL pitches at Tessensohn Clubhouse.

Cage is imported directly from Germany. Play on the same world class Astro-Turf grass pitches as leading Bundesliga and UEFA Teams.



State-of-the-Art Design

- ✓ Infill cushioning system a performance and realistic surface
- ✓ Absolute Shock absorption exempt from pesky black rubber fillings
- Provides stability and lay flat characteristics
- ✓ Consistent and correct ball bounce
- Energy restoration





There are two pitches for you to hone your skills and techniques, have great fun with your families and friends.

For booking and enquiries, please contact Stadio Futsal at 9721 8030 or email: enquiry@stadio.com.sg

New F&B Outlets

Hot & Co. Café

@ Planet Bowl







On Saturday, 14 January 2017, visitors can look forward to the opening of our revamped Pool Café. The HALAL certified café will feature an exciting mix of local and international delicacies, bringing people together with great food for some unforgettable times.



Satisfy your craving for traditional kopi and toast at our newly opened Hot & Co Café at Planet Bowl. The café also has traditional bakery delights, food and beverages to tantalise your tastebuds.

Opening Hours:

9am - 1am daily

Both cafés are open to public CSC Members can enjoy discounts.

Create irresistible feasts for your private and corporate events with their catering menu.

Keep a look out for more information and promotions as we draw closer to the opening!

Opening Hours:

9am - 8pm daily



Lightning Protection

at Swimming Complex

The shelters with lightning protection that you have been waiting are finally up!

Swimmers and those around the swimming pool can now find necessary refuge at the upper and lower tiers of Bukit Batok Clubhouse's swimming complex if the weather turns for the worse.

Furthermore, you will be in perfect cool shade as you look out to the pool at our lower tier. So come on down for a safe and relaxing time at our pool!





Upper Tier Of Swimming Complex





Lower Tier Of Swimming Complex

Tessensohn Clubhouse

SECURES CHRISTMAS DECORATIONS CHALLENGE WIN

CSC @ Tessensohn continues their winning streak as they prevailed against the other two clubhouses to grab the CSC Christmas Decorations Challenge trophy. They had won the National Day and Deepavali Challenges.

This time their beautiful winter wonderland theme captured the hearts and crucial points of the judges.

The staff of each clubhouse were of one mind as they worked together to produce the most striking centre piece at their clubhouse and bowling centre as well as the most creative and innovative overall clubhouse decor. This was done with the added task of using recycled materials for their decorations, while keeping to their theme.

Come on down to the different clubhouses to soak in and appreciate the decorations put up in celebration of our festive season.



Tessensohn Clubhouse



Changi Clubhouse



Bukit Batok Clubhouse

CSC Swimming Meet 2017

Calling out the next up-and-coming Tao Li or Joseph Schooling! If you are between 7 and 14 years old, sign up for the CSC Swimming Meet 2017. Go head to head with other swimmers to earn bragging rights as our next best swimmer.

| | | | BREASTSTROKE |
|----|-----------|-----------------|-------------------|
| | EVENT | CATEGORIES | |
| NO | | Girls | 7 - 9 years old |
| B1 | 50 Meters | | 10 -12 years old |
| B2 | 50 Meters | Girls | 13 - 14 years old |
| B3 | 50 Meters | Girls | 7 - 9 years old |
| | 50 Meters | Boys | |
| B4 | | Boys | 10 -12 years old |
| B5 | 50 Meters | | 13 - 14 years old |
| B6 | 50 Meters | Boys CATEGORIES | FREESTYLE |
| NO | EVENT | | 7 - 9 years old |
| F1 | 50 Meters | Girls | 10 -12 years old |
| F2 | 50 Meters | Girls | 13 - 14 years old |
| F3 | 50 Meters | Girls | 7 - 9 years old |
| | 50 Motors | Boys | |
| F4 | | Boys | 10 -12 years old |
| F5 | 50 Meters | | 13 - 14 years old |
| F6 | 50 Meters | Boys | |

Rules and Regulations:

- Participants must report at 7am at Tessensohn Clubhouse Pool on 22 April'17.
- Participants are to bring along their Student EZ-Link card for identification
- Trophies will be awarded only to the top 3 of each event.
- Minimum 5 participants for each event.
- Participants are to obey all the rules and regulations set by the Organiser.

Date: Saturday, 22 Apr '17 Time: 7am-10am Venue: CSC @ Tessensohn

Fee: Member's Child \$8, Public Officer's Child \$10, Members' Guest's Child \$12. (To register, fill in and submit the application form with indemity which can be found in this month's newsletter)

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg Register By: 8 Apr'17

APPLICATION FORM

F6

I wish to register my child for the following swimming event/s:

| Breaststroke Events: | B1 | B2 | В3 | В4 | B5 | В6 | (Please Circle only one event for Breaststroke Events) | |
|----------------------|------|----|----|----|----|----------------------|---|---|
| Freestyle Events: | 1 F2 | F3 | F4 | F5 | F6 | (Please | Circle only one event for Freestyle Events) | |
| Name of Child: | | | | | | Gender: *Male/Female | | |
| Date of Birth: | | | | | | A | ge: | |
| Name of Parent: | | | | | | (*Me | (*Member/Public Officer/Guest) NRIC/Membership No: | |
| Address: | | | | | | | S (|) |
| Contact: | | | | | | Ema | il Address: | |

Indemnity

I agree that I will not hold the Civil Service Club (CSC) and their appointed staff or officials responsible for any mishaps, injuries or loss of life that may occur in the course of, or as a result of participating in the above activity; and I will indemnify the CSC and their staff or officials against any actions, proceedings, liabilities, claims, damages and expenses by any party howsoever arising out of or in connection with the above activity.

| Name & Signature of Parent of Participant |
|---|
| *Delete as appropriate |

CSC MEMBER

EXPERIENCE SURVEY 2016



Thank you for your feedback! We are heartened to note that our members are happy with the facilities provided, events organised and services offered. Their experiences at the Clubhouses are positive and majority of those polled read the Fusion magazine, which was also rated highly. The following are the highlights of the Survey.



81%

of our respondents to the survey were Ordinary members.

Respondent Members' Profile

Majority of our respondents to the survey were Ordinary members (81%), followed by Retiree members (13%) and Associate members (3%). More than 60% of our respondents were below the age of 60 years old.

CSC Membership

Low membership fees and rates for facilities and activities were the key considerations when members took up CSC membership. They also felt that CSC was an exclusive Club for public officers. Most respondents knew about the membership through their organisation's HR and friends or colleagues.



Low membership fees and rates for facilities and activities were the key considerations.



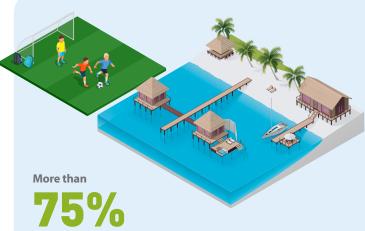
of the members saw the current membership as value for money, especially for the **wide range** of activities and excellent club facilities.

An overwhelming number (88%) saw the current membership as value for money. They loved the wide range of activities and excellent club facilities that came with the membership and they would use these reasons to describe the Club to friends and quests.

8 out of 10

members will renew their membership when its due.





of respondents visited the clubhouse for the sports facilities, staycation and other activities.

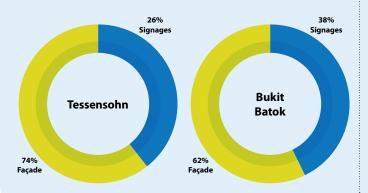
Clubhouse User Experience

More than 60% of our respondents visited our clubhouses in the past three months with the majority going to Tessensohn. Most of the members visited the clubhouses with family and friends.



Though 63% of our members had their best experiences at our F&B outlets and swimming pools, most wished for more F&B choices like Halal and Japanese food. Respondents also wanted spa facilities at the Tessensohn and Changi clubhouses and more social activities at Bukit Batok clubhouse.

Besides hoping next year for the upgrading of swimming pools at the Tessensohn and Bukit Batok clubhouses, at least 6 out of 10 members also felt that the façade of these clubhouses could be further improved.



4 out of 10 respondents managed to stay at Changi Clubhouse's chalets. Their main wish is that the chalets can be made more affordable and more rooms would be made available during peak periods like weekends and school holidays. They would also like a shorter check-in time.

Communication

Currently, more than three-quarters of the members update themselves with CSC's information through Fusion magazine, website and email. Of these, nearly all have read the Fusion magazine and found it mostly excellent or good. The readership has grown substantially as compared to 2014.



More than were updated on CSC through Fusion, Websites, Social Media and the App

Other Feedback

Members hope that they could enjoy cheaper Membership fees and Club facilities, more members perks and discounts. They also welcome more interesting social activities at Bukit Batok and Changi.



Club's Response

The Club values all feedback. While the Club strives to give our members the best value for their membership, we also need to make sure the Club is financially sustainable. Members may not realise that the Club is not funded by the government. The infrastructure improvement works over the past 7 years and the Changi Clubhouse upgrading were wholly funded by the Club. In fact, the Club is currently paying a commercial rate for its land cost. In spite, the Club has chosen to maintain its membership fee at a low \$6 per month while enhancing membership value.

ROBOTGO RACER

For children aged 5 to 10 years old

The biggest RobotGo Racing Event is approaching and the robot racing engineers will be taking part! Your child will have the opportunity to use LEGO Robotics to design and build the ultimate racing robots in this fun workshop. He will also learn simple programming to control them.

Date: Tuesday, 14 Mar '17 Time: 9.30am - 12.30pm Fees: Member's Child \$50, Public Officer's Child \$55, Member's Guest's Child \$60 Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sq Register By: 9 Mar '17



SONIC PLANE INVENTION

For children aged 6 to 10 years old

The Annual Sonic Plane Event is here again! Your child will be tasked to construct sonic planes in this exciting workshop. Through hands-on engineering projects, he will learn about electronics, motors and energy concepts. He might just be our future Aerospace Engineer after this!



Date: Saturday, 11 Feb '17 **Time:** 9.30am – 12.30pm

Fees: Member's Child \$50, Public Officer's Child \$55, Member's Guest's Child \$60

Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg Register By: 2 Feb 17



For children aged 6 to 10 years old

The Turbo Race is starting and we are calling on Turbo Car Inventors! Your child will learn to build several types of cars that use different forces to race forward in this exhilarating workshop. Through hands-on engineering projects, he will learn more about Electronics and Solar Energy.

Date: Saturday, 11 Mar '17 **Time:** 9.30am – 12.30pm

Fees: Member's Child \$50, Public Officer's Child \$55, Member's Guest's Child \$60

Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sq Register By: 6 Mar '17

LEARN MUSIC THROUGH FUN AND PLAY

For children aged 5 to 7 years old

Help your child build confidence to take part in a wide range of musical activities. This fun workshop will equip him with the skills needed to understand music and appreciate it. He will learn to break down various musical components and put them into context.

> Date: Saturday, 25 Mar '17 Time: 2pm – 3pm Fees: Member \$30, Public Officer \$35, Member's Guest \$40 Venue: CSC @ Tessensohn Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

> > Register By: 19 Mar '17





FAMILY MAKES MUSIC

(Parent and Child Bonding) Suitable for children aged 4 years old and above

This workshop is all about learning in a fun environment of play and who better to do it with than your own family. Spend quality time together while learning about music and experimenting with different activities, such as singing and dancing.

> Date: Saturday, 18 Mar '17 Time: 2pm – 3pm

Fees: Member \$40, Public Officer \$45, Member's Guest \$50

Venue: CSC @ Tessensohn Contact: Serene Cho at 6391 5620 or serenecho@csc.sq





HOLIDAY ART & CRAFT PROGRAMME FOR KIDS

For children aged 7 to 12 years old

Join us for a day of fun with art and craft. Your child will get to learn scrapbooking, melt & pour soap making, cupcake decoration, mini book making and also get to make some new friends this March holiday.

Date: Friday, 17 Mar '17 **Time:** 9am – 5.30pm

Fees: Member \$85, Public Officer \$90,

Member's Guest \$92

(Fees include all materials, 1 lunch

and 1 tea break)

Venue: CSC @ Bukit Batok Contact: Serene Cho at 6391 5620

or serenecho@csc.sq Register By: 10 Mar '17

MELT & POUR PROCESS SOAP MAKING

(Parent & Child Bonding) For children aged 5 to 12 years old

Spend a Saturday morning with your child creating your own soap. In this workshop you will learn the Melt and Pour method of making soap. This is one of the safer and simpler soap making techniques so you can both experience a fun and creative time together.



Date: Saturday, 25 Feb '17 **Time:** 10am – 11.30am

Fees: Member \$45, Public Officer \$48,

Member's Guest \$49 (Fees for 1 parent and 1 child, all materials are provided)

Venue: Yew Tee

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 20 Feb '17

CHILDREN'S MONTHLY **SWIMMING LESSONS**

Equip your child with the essential swimming skills that they can enjoy for a lifetime. These monthly lessons will give them the regular practice needed to develop and maintain what they have learnt. Join us and help boost your child's progress.

Dates: 4 Lessons each month (Choice of Saturday/ Sunday)

Time: Please arrange a time with the instructor

Fees: Member's Child \$70, Public Officer's Child \$80, Member's Guest's Child \$85

Venue: CSC @ Tessensohn or CSC @ Bukit Batok

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 20 Jan for Feb class; 20 Feb for

Mar class





SPORTS STACKING

(Parent & Child Bonding)

Come on down for a parent child sports stacking session! Learn various combinations of the sport and perform them together with your child! Sport stacking is a sport that not only develops important physical skills, such as hand-eye coordination, quickness and focus; it also promotes self-confidence, teamwork and good sportsmanship.

Date: Saturday, 11 Mar '17 Time: 10am - 12pm

Fees: Member \$140, Public Officer \$150, Member's Guest \$160

(Fees are for 1 parent and child pair)

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 4 Mar '17







The possibilities with watercolour brush calligraphy are endless! In this workshop you will learn easy and helpful techniques for colour blending. You will be given materials to help you as you learn. Calligraphy experience is not required but we recommend attending a brush pen calligraphy workshop first.

Date: Sunday, 12 Feb '17 **Venue:** CSC @ Tessensohn **Register By:** 5 Feb '17

Date: Saturday, 4 Mar '17 **Venue:** CSC @ Bukit Batok **Register By:** 28 Feb '17



Fees: Member \$100, Public Officer \$125, Member's Guest \$135

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

MAKE YOUR OWN VALENTINE'S DAY GIFT - LOVE ALBUM

Nothing says "I love you" like a one-of-a-kind gift you make for your loved ones. For this Valentine's Day, put on your crafting gloves and make your own mini love album in this workshop.

Date: Saturday, 11 Feb '17 **Time:** 10am – 12pm

Fees: Member \$50, Public Officer \$55, Member's Guest \$60

Venue: Yew Tee
Contact: Serene Cho at

6391 5620 or serenecho@csc.sg **Register By:** 5 Feb '17





Every
participant will
be receive a set of
fabulous aesthetics
beauty treatment
vouchers worth
\$200!

TOP TO TOE NEW YEAR SKINCARE

AND GROOMING WORKSHOP

Look your absolute best for the upcoming festivity celebrations! Learn about good skincare, makeup application and what colours suit you from instructor Eileen Seah, who has over 20 years of experience in beauty and grooming. Bring your makeup stash for her to examine and advise you on what works.

Date: Saturday, 21 Jan '17 **Time:** 10am – 12pm

Fees: Member \$8, Public Officer \$12,

Member's Guest \$15 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 15 Jan '17



O BEAUTY

TUMMY TRIMMING WORKSHOP

Is there a dream figure you would like to achieve? Let Ms Christine Chiook, from Atos Wellness, advice you on how to have contoured waist curves, tightened midriffs and a flat belly in this informative workshop.



Date: Saturday, 25 Feb '17 **Time:** 10am – 12pm

Fees: Member \$15, Public Officer \$18,

Member's Guest \$20 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 19 Feb '17

HANDS ON GROOMING FOR BASIC SKINCARE AND MAKEUP

Achieve that radiant, smooth and younger looking skin! Learn how to maintain good skin with a basic skincare regime and pick up easy makeup techniques with beauty consultant Winnie Tay.



Date: Saturday, 11 Feb '17 **Time:** 10am – 12pm

Fees: Member \$5, Public Officer \$10,

Member's Guest \$12 **Venue:** CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 4 Feb '17

social activities

INANCE

INVESTING FOR STARTERS

Want to buy your first stock but do not know where to start? Let our UOB Kay Hian Investor Centre dealers show you the benefits of investing in shares and how to add the right stocks into your portfolio to meet your investment objectives.



Date: Saturday, 18 Mar '17 Time: 1pm - 3pm

Fees: Member \$8, Public Officer \$10, Member's Guest \$12

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register By: 10 Mar '17

RETIRE A MILLIONAIRE THE STRESS-FREE WAY!

Find out the secrets to retiring as a millionaire without much stress. This informative workshop gives an introduction to retirement planning and equips you with different strategies to protect your Retirement Nest Egg. You will also learn techniques to grow your wealth.

Date: Saturday, 25 Feb '17

Time: 2pm - 4pm

Fees: Member \$5, Public Officer \$10,

Member's Guest \$12 Venue: CSC @ Tessensohn

For course outline:

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg Register By: 18 Feb '17







INTERNATIONAL WOMEN'S DAY DINING FEAST & CULINARY WORKSHOP

Ladies, join us as we celebrate International Women's Day with a special culinary workshop! Feast on buffet dinner and be treated to a demonstration of 2 secret recipes from our Chef Lisa. Besides this, every lady will receives a door gift and a chance to win lucky draw prizes and best dressed contest as well.

Date: Friday, 10 Mar '17 **Time:** 6.30pm – 9.30pm

Fees: Member \$35, Public Officer \$38,

Member's Guest \$40

(Ladies Only. Fees include a door gift pack)

Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg Register By: 28 Feb '17













AUTHENTIC BAKER'S FRESHLY BAKED KUEH LAPIS!

Tantalise your taste buds with scrumptious kueh lapis from the Authentic Baker Center (ABC). Just for this Chinese New Year season, these irresistible treats now come at special prices!

| Kueh Lapis Flavours | Member | Public Officer | Member's Guest |
|--|--------|-------------------|-------------------|
| Original | \$35 | \$38 | \$40 |
| Prune, Cranberry, Walnut, Pandan, Mixed Fruits | \$40 | \$42 | \$44 |

Modes of Payment: Members can order online via CSC's event booking system.

Contact: Gek Cheng @ 6391 5624 or kuagekcheng@csc.sg Public Officer/Member's Guest can make payment at any of the clubhouses from 9am – 9pm (Mon – Sun).

CHINESE NEW
YEAR SALE
Closing Date: 16 Jan '17
Collection Date: 24 Jan '17
Venue of Collection:
CSC @ Tessensohn

AYURVEDIC COOKING & NUTRITION WORKSHOP

Learning Healthy Eating Lifestyle & Cooking methods through Ayurvedic Principles.

This 3-hour workshop aims to share Ayurveda Diet Principles for balance and management of different body types for healthy living. Participants will learn a multi-dimensional approach to manage diet and lifestyle at the physical, mental, emotional and intellectual levels. Food & Lifestyle is a major part of Ayurveda, it is not only seen as nourishing the body but also the mind, intellect and inner balance.

Date: Saturday, 11 Mar '17
Time: 9am – 12pm
Fees: Member \$65,
Public Officer \$75,
Member's Guest \$80
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624

Contact: Gek Cheng at 6391 562 or kuagekcheng@csc.sg

Register By: 3 Mar '17



BAKING BY HARRY



Get fresh ideas and expand your repertoire of baking treats with Chef Harry in this series of workshops.

Bread Treats

Start off the year on a wonderful savouryspicy note with the following delights. Add in something sweet and cooling to

complete your offerings.



Golden Pillow

Bring this specialty bread for a CNY potluck get-together with friends and let them rave about it.

Kapitan Chicken Curry

A unique chicken curry that will surprise the taste buds of your guests. It is best eaten with the Golden Pillow bread you made.

Snow fungus soup with Longan and Ginkgo

Cool everyone down after a hearty meal with a bowl of this dessert and hear the compliments for such a sumptuous meal.

Date: Saturday, 25 Feb '17 **Fees:** Member \$55, Public Officer \$60, Member's Guest \$65

Register By: 17 Feb '17

Japanese Specialty Cakes

Japanese desserts have been the rage for their uniqueness and wonderful taste. Delight your friends and loved ones with the following cakes.

Bean Curd Fromage

One bite and you will experience the rich, silky-smooth taste in your mouth. The mild milky taste brings instant delight with its modest sweetness.

Green Tea Choux

Crisp on the outside and soft creamy matcha in the inside. It makes a great afternoon tea treat.

Purple Mont Blanc

A popular French pastry with a twist that many will enjoy. Its smooth and natural sweetness of purple sweet potato provides an interesting blend of taste.

Date: Saturday, 11 Mar '17

Fees: Member \$65, Public Officer \$70,

Member's Guest \$75 **Register By:** 3 Mar '17

Tim Sum Favourites

These bite-sized delights are a popular comfort food that you can pair with teaduring your gatherings.

Shanghainese Red Bean Pancakes

Red paste enclosed and pan fried till golden brown and crisp. Absolute perennial favourites!

Shui Jiao (Boiled Dumplings)

Tasty meat fillings are cooked in boiling water and served with ginger dip.

Goo Tieh (Pot sticker Dumpling)

Crunchy nappa cabbage and meat wrapped in home-made skin and is pan fried till golden brown with a crisp on the base.

Date: Saturday, 25 Mar '17

Fees: Member \$55, Public Officer \$60,

Member's Guest \$65 **Register By:** 17 Mar '17

Puff Pastry

Learn to make these delicious pastries that are easy and yet impressive when entertaining your guests on special occasions. You can make them at home and keep them in your freezer, ready to be taken out when inspiration strikes.

Chicken Pie

A common dish that is filled with wholesome goodness!

Tuna Vol-au-vent

The vol-au-vent pastry becomes the perfect vessel for a healthy filling and makes a great finger food.

Apple Strudel

This traditional European pastry comes with a sweet and tart apple filling. A wonderful treat for high tea.

Apple Pie

This sumptuous pie dish is simple to make and is a favourite at a dinner party.

Date: Saturday, 1 Apr '17

Fees: Member \$55, Public Officer \$60,

Member's Guest \$65 **Register By:** 24 Mar '17

For all the above courses:

Time: 2pm – 5pm Venue: CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg



COOKING BY CHEF MICHELE OW

Join Chef Michele, who has worked in the F&B industry for 8 years, as she uses her extensive culinary knowledge and passion to show you the right techniques in producing the perfect dish for your quests.



Buffalo Wings

Spicy chicken wings with a hint of sour flavour will be a sure winner at your parties.

BBQ Baby Back Ribs

This delectable pork ribs dish is a must-have on your dinner table.

Brownies

This flat, baked dessert square is a classic favourite among the young and the old.

Date: Friday, 20 Jan '17 **Time:** 7pm – 9.30pm Register By: 13 Jan '17

My Valentine's Day Macarons

Pink macarons with chocolate ganache Nothing says "I love you" more than these cute meringue-like cookies that are filled with rich chocolate.

Date: Friday, 3 Feb '17 **Time:** 7pm – 9.30pm Register By: 27 Jan '17

Caprese - buffalo mozzarella with tomato, basil & balsamic glaze

This simple Italian salad is healthy and makes a great dinner party dish.

Handmade Pasta Carbonara

This classic Italian creamy pasta dish can be quickly whipped up for dinner and is delicious.

Agilo Olio with Grilled Prawns

This simple pasta dish is paired with grilled prawns for a hearty meal.



For the above courses:

Fees: Member \$60, Public Officer \$65, Member's Guest \$70 **Venue:** CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg





is one of the Approved Institutions for MCYS Baby-Bonus-Sche CHAS Providers and also Medisave Claimable for dental treatm Oral Surgery, Wisdom Tooth Removal & Dental Implants.



PG CARD HOLDER PACKAGE

Dental Examination * Detection Of Decays With Advanced

Scaling & Polishing

Dental Examination * Detection Of Decays With Advanced

Laser Technology

Scaling & Polishing

YOU PAY : \$ 15,50

* Fluoride Theran

FILLLY CLAIMARLE

WITH CHAS PG CARD

BLUE CARD HOLDER PACKAGE

WITH GOVERNMENT SUBSIDY







CLEAN SMILE PACKAGE \$100

Inclusive of:

- * Dental Examination
- * Full Scaling & Polishing
- * Fluoride Therapy

HEALTHY SMILE PACKAGE \$175

Inclusive of:

- * Dental Examination with Digital Photography
- * Degital Dental X-ray
- * Detection Of Decays with Advanced Laser Technology
- * Full Scaling & Polishing
- * Fluoride Therapy
- * Antiseptic Mouthwash (if applicable)

KID SMILE PACKAGE \$75

(for children between 6 to 12 yrs old) Inclusive of:

- * Dental Examination
- * Full Scaling & Polishing
- * Fluoride Therapy (if applicable)

SURGI-SMILE PACKAGE \$880

(Medisave Claimable)

- Inclusive of:
- * Dental Examination
- * Digital Dental X-Ray
- * Surgical Removal Of Wisdom Tooth
- * Medication

SMILE IMPLANT PACKAGE \$2750

(After Medisave Deductions) Inclusive of:

- * Dental Examination
- * Degital Dental X-ray
- * German Implant System
- * Medications
- * Review * Implant Crown

WHITE SMILE PACKAGE \$300

* Dental Examination * 10 packets of whitening gels





INVISALIGN - INVISABLE BRACES PACKAGE \$8500

Inclusive of examination, digital xrays & retainers

LASER DENTISTRY

With dental Laser, you can now expect:

No Drilling
 Painless Ulcers Treatment

· Rapid Healing following Laser Treatment

CENTER FOR BIOMIMETIC DENTISTRY

MERCURY FREE PRACTICE

Old grey / silver mercury filings are replaced with aesthetic tooth coloured materials that are not only good looking but protects your teeth, last well and longer. Give us a call or email us for more details about direct / lab-based inlays and onlays.

*Any other procedures/materials if needed, will advised and charge separately.

Call us for an appointment!











Tiong Bahru Branch Tel: 62711236 Blk 11A Boon Tiong Road #01-03 Singapore 161011 email: smileartstiongbahru@gmail.com Mon - Fri: 9am - 9pm | Sat & Sun: 9am - 5pm

HillV2 Branch Tel: 6354 0111 email: smileartshillview@gmail.com Mon,Tue,Thurs: 9am - 9pm

#01-01 (Unit 6) S044275 (Next to Buangkok MRT station) email: smileartsbk@gmail.com Mon - Fri: 9am - 9pm | Sat: 9am - 5pm

Buangkok Branch

Blk 275D Compassvale #01-01 (Unit 6) S544275

Tel: 6752 1008 vale Link



Scan this QR Code to visit our website

www.smilearts.com.sg





INLINE SKATING FOR BEGINNERS

Improve your health, fitness and mental through inline skating and have fun learning this popular sport with your friends and family.

Participants are recommended to arrive 15 minutes before lesson to gear up and are required to bring their own socks, water and insect repellent.

Weekday Group Class:

Dates: 4 Thursdays, 2 – 23 Feb '17

or 9 – 30 Mar '17 **Time:** 6.30pm – 7.30pm **Venue:** Choa Chu Kang Park

Dates: 4 Fridays, 3 – 24 Feb '17

or 10 – 31 Mar '17 **Time:** 6.30pm – 7.30pm or 8pm – 9pm

Venue: Pinnacle @ Duxton

Weekend Group Class:

Dates: 4 Saturdays, 4 – 25 Feb '17

or 4 – 25 Mar '17 **Time:** 3.30pm – 4.30pm or 8pm – 9pm

Venue: East Coast Park Car Park F1

For the above classes:

Fees: Member's Child \$68, Public Officer's Child \$78, Member's Guest's Child \$80 (Fees exclude rental of skating gear, elbow, wrist and knee shields)

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 26 Jan '17 or 23 Feb '17

(Lessons are suitable for both adults and children aged 4 and above. Flexibility for parents to arrange class schedule with instructor.)



FLOWER ARRANGEMENT COURSES

Get excited by designing your own floral arrangements in our workshops and open up to a whole realm of creative possibilities.

Sunflower Bouquet

Make this bouquet using sunflowers wrapped up in pastel or brown paper and bring cheer to your loved one today!

Date: Saturday, 11 Feb '17

Fees: Member \$35, Public Officer \$40, Member's Guest \$45 (inclusive of all

materials) **Register By:** 7 Feb '17

Pink Cushion Bouquet

Arrange this bouquet using exotic flowers and impress your friends and loved ones.

Date: Saturday, 11 Mar '17

Fees: Member \$48, Public Officer \$53, Member's Guest \$58 (inclusive of all

materials)

Register By: 7 Feb '17

Flower Basket Eucalyptus

Exotic flowers are arranged beautifully in a basket. Your friends and loved ones will simply adore them!

Date: Saturday, 1 Apr '17

Fees: Member \$58, Public Officer \$63, Member's Guest \$68 (inclusive of all

materials)

Register By: 27 Mar '17

For the above courses:

Time: 1pm – 3pm Venue: Tanjong Pagar

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

WINE APPRECIATION NIGHT

Join The Wine Stable as they introduce you to different types of wine and various grape varietals in this fun and interactive session. You will learn to appreciate 9 types of premium wines and apply your newly acquired tasting skill by blind tasting 2 wines and identify the grape varietal.

Date: Friday, 24 Feb '17
Time: 7pm – 9pm
Fees: Member \$45,
Public Officer \$50,
Member's Guest \$55
Venue: CSC @ Tessensohn
Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg **Register By:** 17 Feb '17

TEA APPRECIATION

Experience the highly therapeutic effect of the traditional art of Chinese tea making in an authentic Chinese teahouse. In this fun workshop you will learn about different types of tea leaves and brew the perfect cup of tea. You will be served with 4 types of tea and have 5 Tim Sum items with your tea.

Date: Saturday, 18 Feb '17 **Time:** 11am – 1.30pm

Fees: Member \$35, Public Officer \$40,

Member's Guest \$43

Venue: Yixing Xuan Teahouse,

78 Tanjong Pagar Road, Singapore 088499 **Contact:** Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg **Register By:** 10 Feb '17





BEGINNER ANGLER COURSE

Interested in trying out fishing or searching for a new hobby? Join us at the scenic Lazarus Island, one of Singapore's best kept secrets, where you will learn to use a fishing setup confidently and to handle a fish that has been caught.

Course Includes:

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course handbook and starter kit
- Fishing equipment and accessories
- Light refreshments

*5-12 year olds must be accompanied by at least an adult who is also taking the course. *No lunch is provided, please prepare lunch before leaving for the island.

Date: Sunday, 19 Feb and/or 19 Mar '17

Time: 8.30am – 5.30pm

(Ferry shall depart at 9am. Arrive 30 minutes before boat departure time. Please be

punctual.)

Fees: Member \$85, Public Officer \$88, Member's Guest \$90 (Min age 5 years old) Venue: Place of embarkation is Marina South Pier, course will be at Lazarus Island

For more details on course:

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sq

Register By: 1 week before course

'APPLE OF MY EYE' **CREATIVE BENTO ART WORKSHOP**

(For Couples)

Love is in the air! Make your Valentine's Day with that special someone even more special by making your very own kawaii bento

together in this fun workshop. Enjoy each other's company and creativity while having lots of loving food fun.

Date: Saturday, 11 Feb '17

Time: 2pm – 4pm

Fees: Member \$130, Public Officer \$140,

Member's Guest \$150 (Fees are for 1 couple) **Venue:** CSC @ Tessensohn Contact: Hai Ming at 6391 5607

or onnhaiming@csc.sq Register By: 4 Feb '17

FUN ARCHERY

Calling out all aspiring Robin Hoods out there! Join us for a fun session with an experienced trainer from ACE Archery. Pick up basic skills in shooting arrows and participate in a friendly competition. This is open to most ages. Many types of bows and unlimited shots are provided.

Date: Saturday, 25 Feb or 11 Mar '17

Time: 10am – 12pm

Fees: Member \$30, Public Officer \$35,

Member's Guest \$40 Venue: CSC @ Tessensohn Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg

Register By: 1 week before each session

SOCIAL DANCING

Calling all social dance enthusiasts! Join us for a free and easy social dance session and showcase your dancing skills. Come and meet like-minded friends who share the same passion for dancing!

Date: Saturday, 25 Feb '17 or 25 Mar '17 or 29 Apr '17

Time: 7pm – 10pm

Fees: Member \$3, Public Officer/Member's

Guest \$5 (fees per session) **Venue:** CSC @ Tessensohn

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

Register By: 1 week before each session

CHINESE CALLIGRAPHY CLASS

Chinese calligraphy (brush calligraphy) is an art unique to the Asian culture. Share this appreciation with a keen learner - Wong Joon Tai. You will learn the philosophy and practice of Chinese calligraphy and see demonstrations on Chinese calligraphy writing in this informative workshop.

Dates: 10 Thursdays, 23 Mar - 25 May '17

Time: 7pm – 8.30pm

Fees: Member \$155, Public Officer \$165,

Member's Guest \$170 (*Fees exclude materials cost)

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 17 Mar '17



PADI OPEN WATER DIVING COURSE

Ever dreamt of exploring the depths of the sea? Take up the PADI Open Water Diver Course. You can complete the sessions at your own convenience. After this course, you can dive with your buddy up to a depth of 18 metres anywhere in the world or venture into the PADI Advanced Open Water Diving Course.

Theory Day: Every Tuesday and Wednesday

Theory Time: 7pm – 10.30pm

Theory Venue: Gill Diver's at Hong Kong Street

Pool Date: Every Sunday Pool Time: 9am - 4pm

Pool Location: Swimming Pool @ Outram Secondary School

Trip Date: Any weekend (Saturday to Sunday) from Jan – Mar '17

Trip Departure Point: Tanah Merah Ferry Terminal

Venue: Bintan Island, Indonesia

For more details and itinerary:

Fees: Member \$599, Public Officer \$610, Member's Guest \$653 Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 2 weeks before chosen date of travel or course commencement





CHINESE INK PAINTING AND GONG BI CLASS

You get the best of both world!
Chinese ink painting relaxes
the mind and cultivates one's
patience and calmness. In this
workshop, you will learn the art
of traditional ink painting and Gongbi
and how to use basic brush strokes
to create subjects. You will also
understand also how this form of
painting differs from Western paintings.

Dates: 8 Tuesdays, 7 Mar – 25 Apr '17

Time: 7pm – 9pm **Fees:** Member \$180, Public Officer \$190,

Member's Guest \$200 (exclude \$20 material fee to be paid to instructor)

Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 1 Mar '17



POLE DANCING TRIAL CLASS

What better way to get in shape while dancing and having a "pole" lot of fun, all at the same time. We are talking about Pole Dancing. The class is the first of its kind, and you will experience some beginner pole handling and spins in the safe environment of the club house.

Date: Wednesday, 22 Feb '17 **Time:** 7.30pm – 8.30pm

Fees: Member \$8, Public Officer \$10,

Member's Guest \$12 **Venue:** CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 15 Feb '17

POLE DANCING LESSON

Dates: 4 Wednesdays, 1 Mar – 22 Mar '17

Time: 7.30 – 8.30pm

Fees: Member \$100, Public Officer \$110,

Member's Guest \$120 (min 6 pax , max 8 pax) **Venue:** CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 26 March '17



KARAOKE SINGING CLASSES

Bring your singing talent to a higher level! Learn to sing your vowels and discover more about phonetic dictions and tempos. Our instructors Ms lvy Wee and Ms Teriesa Goh are qualified vocal instructors from Wu Jia Ban Vocal Training School and have a Certificate in Music and Vocal Music Theory.

English Karaoke Singing Class

(Conducted by Ms Ivy Wee)

Dates: 10 Wednesdays, 15 Feb – 19 Apr '17

Time: 7.30pm – 9.30pm **Register By:** 10 Feb '17



Ms Ivy Wee



Ms Teriesa Goh (Chinese

华语+福建歌唱技巧班招生 (吴美香老师指导)

吴美香老师拥有英国西伦敦大学音 乐学院通俗声乐八级(卓越)演唱文 凭,为本地著名吴家班歌唱学院高 级 声乐教育导师,人民协会合格声 乐导师。

她将教导学员13种歌唱基本功法和 技巧包括: (1)母音与口型 (2)科学发 声法与位置 (3)发音咬字 (4)高低音 练习 (5)节拍与拍子(6)呼吸换气 (7)节奏与感情处理 (8)歌唱四大 技巧 (9)台风台型与肢体语言等等。

Dates: 10 Wednesdays,

18 Jan – 29 Mar '17 (exclude 25 Jan)

Time: 7.30pm – 9.30pm **Register By:** 15 Jan '17

For the above courses:

Fees: Member \$150, Public Officer \$180, Member's Guest \$185 (English or Mandarin)

Venue: CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg

GARDENIA AND FISH FARM TOUR

Spend the day on an educational and fun trip. Find out more about Korean products at SoFei international Trading. Spend the afternoon 'longkang' fishing and viewing ornamental fish at the Mainland Tropical Fish Farm. Finally, end the day learning how the famous Gardenia bread is made.

Date: Friday, 17 Mar '17 Time: 9am – 4.30pm Fees: Member \$17, Public Officer \$20, Member's Guest \$25

Venue: Assemble at 9am at CSC @ Tessensohn lobby

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 10 Mar '17



THE CHEK JAWA ADVENTURE

Join us for an adventurous tour to discover and learn about Chek Jawa's six ecosystems and the diverse array of animals and species that inhabit these unique habitats. Learn also the importance of mangroves.

Date: Sunday, 26 Feb '17 or 12 Mar '17

Time: 8.15am – 11.15am

Fees: Member \$16, Public Officer \$22,

Member's Guest \$25

(Fees includes a licensed nature guide and land transport to and from Chek Jawa. Participants have to prepare \$6 for 2-way boat ride. Suitable for children aged 3 and above)

Venue: Changi Point Ferry Terminal **Contact:** Serene Cho at 6391 5620 or

serenecho@csc.sq

Register By: 1 week before event date (Pre-registration is required. Limited seats per departure)



FUN TENNIS

In this course, you will establish your tennis foundation and learn the important skills of footwork, coordination, court sense and even tactics.

| Programmes | Time | Days* | Price | | | |
|-------------------------|----------------|--|---|--|--|--|
| | Beginı | ner | | | | |
| Adult @ Tessensohn | 10am – 11.30am | | Member: | | | |
| Junior @ | 3pm – 4.30pm | | \$150 | | | |
| Tessensohn | | 6 Saturdays, | Public Officer: | | | |
| Adult @ Bukit Batok | 4pm – 5.30pm | 7 Jan – 18 Feb '17 | \$160 Member's Guest | | | |
| Junior @ Bukit Batok | 8am – 9.30am | | \$165 | | | |
| Intermediate | | | | | | |
| Adult @ Tessensohn | 1pm – 2.30pm | 6 Saturdays, 7 Jan – 18 Feb '17 | Member: \$175 | | | |
| Adult @ Bukit Batok | 5.30pm – 7pm | | Public Officer: | | | |
| Junior @ Bukit Batok | 10am – 11.30am | 6 Sundays, 8 Jan – 19 Feb '17 | \$185 Member's Guest \$190 | | | |
| | Advan | ced | | | | |
| Adult @ Tessensohn | 8.30am – 10am | 6 Saturdays, 31 Dec '16 – 11 Feb '16 | Member: \$200 Public Officer: \$210 Member's Guest \$215 | | | |

*No lesson on eve or Public Holidays Private group classes are available with a minimum of 4 pax. Kindly consult coach on date and timings.

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 15 Nov '16

*No lessons on Public Holidays



HANDS-ON COPPER LAMP MAKING COUPLE WORKSHOP

Learn to make your own industrial-style copper table lamp with copper pipes and fittings. Experience the process of assembling and wiring up your lamp. Each couple



will work on one project and get to bring home their proud creation. All materials will be provided.

Date: Saturday, 4 Feb '17 Time: 2pm – 4pm Fees: Member \$88, Public Officer \$90,

Member's Guest \$95 (Fees per pair) **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg
Register By: 30 Jan '17





TENNIS BY SINGAPORE TENNIS SCHOOL (STS)

Try our new Cardio Tennis! It is similar to interval training, which is made up of periods of high intensity followed by short periods of rest. It is the best way to train for optimal health and fitness. Our instructors are fully certified Australian tennis coaches and have extensive cardio tennis experience. Regular tennis classes are also available.

| Activity | Time | Date (Feb '17)* | Date (Mar '17)* | | | | |
|---|--------------|-----------------------------|-----------------------------|--|--|--|--|
| Adult Programmes (regular tennis classes) | | | | | | | |
| Beginner | 9am – 10am | 4 Sundays | 4 Sundays | | | | |
| Intermediate | 8am – 9am | 5 – 26 Feb '17 | 5 – 26 Mar '17 | | | | |
| | Cardio Tenni | s Programme | | | | | |
| Cardio | 10am – 11am | 4 Sundays 5 – 26 Feb '17 | 4 Sundays 5 – 26 Mar '17 | | | | |



Fees: Member \$110, Public Officer \$115, Member's Guest \$120 (Fees for 4 lessons)

Venue: CSC @ Tessensohn Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg Register By: 10 Days before

start of lesson

Private Lessons

Private lessons are available on request, consult coach for more details.

HEALTH



JUDO FOR CHILDREN

For children aged 7 to 12 years old

Help your child improve his hand-eye coordination and motor skills by learning Judo. In this class, your child will learn from a professional trainer on how to break a fall and prevent injuries caused by accidental falling.

Dates: 3 Sundays, 5 Feb – 26 Feb '17 (exclude 19 Feb)

Time: 9.30am – 10.15am

Fees: Member \$75, Public Officer \$82.50, Member's Guest \$90

Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 1 week before class

MUAY THAI YOUR WAY TO FITNESS

Learn self-defence moves while boosting your fitness with Muay Thai, a traditional form of boxing. Let instructor Thien Wen Han show you original Muay Thai techniques and the appropriate use of Thai boxing equipment to ensure a fun and injury-free experience!

Adult Beginner Class

Time: 11am – 12pm

Adult Intermediate Class

Time: 9am - 10am

For the above classes:

Dates: 10 Saturdays, 4 Feb – 8 Apr '17 (exclude PH)

Fees: Member \$125, Public Officer \$135, Member's Guest \$145

Venue: CSC @ Bukit Batok

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 7 Feb '17

ZUMBA FITNESS @ CSC

Get fit in a fun way! Join us in this cardio dance program which incorporates basic Latin dance moves with resistance exercises. You will burn calories through floor work, circuit training and a good mixture of effective aerobic moves.

Zumba Dance @ CSC Bukit Batok

Join us at this exciting Zumba dance course! Let our experienced instructors bring your fitness workout to the next level with upbeat music and fun moves!

| X (4) | | Tuesdays | |
|----------|-------------------|----------------|-------|
| AN ZU AF | Insti | ructor: Haynia | 0.77 |
| | No. of Classes | Date | 16 |
| | 4 | 7 – 28 Feb '17 | N S |
| | 4 | 7 – 28 Mar '17 | 11/2 |
| AF/X | 7 | /pm - 8pm | 1 1/2 |

| | 1 | Thursdays | Fridays | | | |
|---------|---------------------|----------------|-------------------|-----------------|--|--|
| CATLIFE | Inst | ructor: Wendy | Instructor: Wendy | | | |
| 10 | No. of Classes Date | | No. of Classes | Date | | |
| No. | 4 | 2 – 23 Feb '17 | 4 | 3 – 24 Feb '17 | | |
| 4 | | 9 – 30 Mar '17 | 4 | 10 – 31 Mar '17 | | |
| | 7 | 7pm - 8pm | 7.30 |)pm – 8.30pm | | |

Dance with Charlotte @ CSC Tessensohn

Join Charlotte Mizuki as she shows you how Zumba helped her lose 18kg in a year! Charlotte is a qualified group aerobics instructor and Zumba fitness instructor.

| | Tuesdays | | | |
|--------------------|-----------------------|----------------|--|--|
| | Instructor: Charlotte | | | |
| 2 | No. of Classes | Date | | |
| irox _{II} | 4 | 7 – 28 Feb '17 | | |
| | 4 | 7 – 28 Mar '17 | | |
| | 7 | /pm - 8pm | | |

For the above courses:

Fees for 4 lessons: Member \$50, Public Officer \$55, Member's Guest \$58 Fees for 3 lessons: Member \$37.50, Public Officer \$41.25, Member's Guest \$43.50

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg

Register By: 27 Nov'16 or 27 Dec'16



HEALTH

TRADITIONAL CHINESE QIGONG FOR HEALTH

Qigong helps to maintain health at an acceptable level in order to overcome diseases and premature aging. Join us in this series of exercises to maintain healthy lungs and large intestines.

Lesson 1: Meditation

Learn the breathing and mind-will techniques to nurture the healing energy 'qi' and enable the nutrition-carrying blood to circulate into the Lungs & Large Intestine.



Lesson 2: Mobile Qigong (Regimen 5)

Combine breathing, mind-will and physical movements to activate the healing energy 'qi' and allow blood to flow for life-long self-care.

Lesson 3: Self-Massage With Acupressure

Learn to massage the neck, nose, chest, abdomen to activate the healing energy 'qi' to self-heal colds caused by having unhealthy lungs & large intestine.

Dates: 3 Thursdays, 9 - 23 Feb '17

Time: 7.30pm - 9.30pm

Fees: Members \$60, Public Officer \$65, Member's Guest \$70

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 2 Feb '17

COURSE 2: SELF-MASSAGE WITH ACUPUNCTURE

A full course of 10 exercises from Head to Sole to relieve Insomnia. Self-Massage with Acupuncture is a self-aid tool with Qigong therapeutic approaches to activate the energy Qi and blood to circulate to specific part of the body to relieve tension and stress.

Date: Sunday, 12 Feb '17 Time: 9am – 12pm

Fees: Members \$40, Public Officers \$45, Member's Guest \$50

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 5 Feb '17

BENEFITS OF GINGER AND ITS NATURAL REMEDIES

Ginger has been used for centuries for minor health problems. In this workshop you will learn the various benefits of ginger such as how it lessens the discomfort from cold. You will also

create your own natural homemade face toner using ginger powder.

Date: Saturday, 18 Feb '17 **Time:** 10am – 11.30am

Fees: Member \$6, Public Officer \$8, Member's Guest \$10

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sg

Register By: 31 Jan '17

LOHAS MERIDIAN WORKSHOPS

Strong Knee and Joint

Learn four important areas to have better knee and joint functions. Participants will learn meridian exercise and therapy techniques, daily routines and food remedy for stronger knee and better joint.

Dates: 4 Fridays, 10 Feb – 3 Mar '17

Time: 7.30pm – 8.45pm

Fees: Member \$70, Public Officer \$75, Member's Guest \$80

Venue: CSC @ Tessensohn **Register By:** 3 Feb '17

LOHAS Meridian Self-Therapy Program (LOHAS-MSP)

Re-energise your health to the next level with six comprehensive and practical sessions to relieve and resolve your nagging health issues, such as headache and weight issue. Be our graduate and attend a lifetime refresher training for free.



Dates: 6 Saturdays, 11 Feb - 25 Mar '17

Time: 2.30pm – 5.30pm

Fees: Member \$330, Public Officer \$350, Member's Guest \$370

Venue: Success Trees Training Room,

12 Arumugam Road, #02-11 **Register By:** 2 Feb '17

For above courses:

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

BOOGIE BOUNCE XTREME FITNESS

Boogie to the beat of music in this cardio workout on a mini trampoline while bringing your fitness to the next level. Feel every muscle of your body working within intervals of jumping, bouncing and stomping.

Dates: 8 Mondays, 13 Mar – 8 May '17 Time: 8pm – 9pm Fees: Member \$140,

Public Officer \$150, Guest \$160 **Venue:** CSC @ Bukit Batok **Contact:** Serene Cho at 6391 5620

or serenecho@csc.sg **Register By:** 6 Mar '17





POUNDFIT FITNESS CLASS

One of the latest workout in town! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an effective full-body workout. It combines cardio, conditioning and strength training with yoga and pilates-inspired movements. This class is run by instructor Grace Sagaya, who is trained by Pound® Pro.

Dates: 4 Wednesdays, 1 Feb – 22 Feb '17

or 8 Mar – 29 Mar '17 **Venue:** CSC @ Bukit Batok

Dates: 4 Thursdays, 2 – 23 Feb '17 or

9 Mar – 30 Mar '17 **Venue:** CSC @ Tessensohn

For the above courses:

Time: 7.15pm – 8pm

Fees: Member \$68, Public Officer \$75,

Member's Guest \$80

(Ripstix® will be provided for the class) **Contact:** Serene Cho at 6391 5620 or

serenecho@csc.sg

Register By: 25 Jan '17 or 22 Feb '17

HEALTH

KPOP X FITNESS

Revel in this fun aerobic workout as you jam to the most popular K-pop tunes. You will burn up to 500 calories while sweating out to 14 K-pop songs. Get into shape while feeling like a K-pop star!



Dates: 8 Saturdays, 11 Feb – 1 April '17

Time: 12.10pm – 1pm
Fees: Member \$100,
Public Officer \$110,
Member's Guest \$115
Venue: CSC @ Bukit Batok
Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 6 Feb '17

BUBBLE SOCCER GAME

Join us in an international craze that has reached Singapore! Bubble Soccer is like street soccer but played in an air-inflated bubble suit that not only protects players but also test their physical endurance. So gather your friends and colleagues for an entertaining bouncing session.

Date: Saturday, 18 Mar '17 **Time:** 2pm – 3pm

Fees: Member \$32, Public Officer

\$36, Member's Guest \$38 **Venue:** Whitley Road

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 12 Mar '17



LEARN-TO-SWIM WITH THE SWIM SOCIETY!

Our learn-to-swim programme is back by popular demand! Join Marcus Cheah, ex-national swimmer and Founder of The Swim Society, as he helps you gain water confidence and learn swimming styles like butterfly stroke in no time.

Course Outline:

- One term: ten 30-minute sessions
- Minimum of 3 students for class to commence
- Proficiency assessment conducted prior to first session
- Taught at all levels: all four strokes and water safety
- Equipment provided; only goggles required for the lesson

| Learn to swim | Dates Time Fees (Group Lessons) | | | Fees (Private Lessons) | | | | | |
|--|---|--|---|--|--|--|--|--|--|
| | Jan 2017 Term | | | | | | | | |
| Kids ———————————————————————————————————— | 10 lessons (once every week) • 30 Jan '17 to week of 8 Apr '17 • Mon/Fri/Sat | AM: 8 – 11 PM: 3 – 7 30 minutes per lesson. *Choose any preferred time from AM/PM time slot | Member: \$330, Public Officer: \$430, Member's Guest: \$450 | 45 minutes per lesson. Member: \$900, Public Officer: \$950, Member's Guest: \$970 | | | | | |



Venue: CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg for payment

Contact: Marcus at marcus@theswimsociety.com

for schedule and time slot **Register By:** 23 Jan '17

Visit www.theswimsociety.com/schedule for more information on the schedule and terms and conditions.

O HEALTH



HYDRORIDER AQUABIKE FITNESS (CIRCUIT TRAINING)

Take your bike session to the next level in a unique manner without putting any stress on your joints. The Hydrorider AquaBike exercise routine allows you to pedal while immersed in water. Achieve your weight loss goals as you improve your cardiovascular system and blood circulation.

Please bring your own aqua shoes.

Evening Full Sessions (Circuit Training)

Dates: 4 Tuesdays, 7 – 28 Feb '17 Dates: 4 Tuesdays, 7 – 28 Mar '17 Dates: 4 Thursdays, 9 Feb – 2 Mar '17 Dates: 4 Thursdays, 9 – 30 Mar '17

For the above courses:

Time: 7.30pm – 8.30pm Fees: Member \$100, Public Officer \$110, Member's Guest \$120 **Venue:** CSC @ Tessensohn

Contact: Vanessa Choo at 6391 5641

or vanessachoo@csc.sq

Register By: 1 week before class

(Min 4 to start class)

DEEP AQUA AEROBICS



Do you know the range of movement and intensity of Deep Water Agua is far greater than aerobics done on dry land? Most importantly, it has little impact on your joints. Join us and improve your fitness and develop muscle tone, while strengthening your abdominals.

Date: 10 Saturdays, 11 Feb – 15 Apr '17 (excluding PH and eve of PH)

Time: 8am - 9am

Fees: Member \$85, Public Officer \$95,

Member's Guest \$110 **Venue:** CSC @ Tessensohn

Contact: Vanessa Choo at 6391 5641

or vanessachoo@csc.sq Register By: 6 Feb '17

WEDNESDAY MORNING **DEEP AQUA AEROBICS**

Enjoy an exercise activity that is gentle on your joints and great for toning up. Deep Aqua is a cardio and conditioning, poolbased workout that works muscles against the resistance of the water. It increases the heart rate and burns calories.

Dates: 10 Wednesdays, 22 Feb – 26 April '17

(exclude PH)

Time: 8.30am – 9.30am

Fees: Member \$85, Public Officer \$95,

Member's Guest \$110 **Venue:** CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg Register By: 17 Feb '17

SHALLOW AQUA AEROBICS

Shallow Agua is a cardio and conditioning, pool-based workout that gets muscles working against the resistance of water. This fun fitness class will elevate your heart rate and burn calories while being gentle on your joints.

Dates: 12 Saturdays, 11 Feb – 22 April '17

(excluding PH and eve of PH)

Time: 9am – 10am

Fees: Member \$80, Public Officer \$90,

Member's Guest \$105

Contact: Vanessa Choo at 6391 5641

or vanessachoo@csc.sg



DANCE FITNESS BY FARHAN

Join us for another cool and creative fitness in Singapore! All the dance movements in this class are specially choreographed by instructor Mr Farhan Hassan, an accomplished dance choreographer. You will go through the movements step-by-step and learn a different dance genre every week.

Dates: 4 Tuesdays, 21 Feb - 14 Mar '17

or 5 - 26 Apr '17 **Time:** 8pm – 9.30pm

Fees: Member \$80, Public Officer \$90, Member's Guest \$100

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or serenecho@csc.sq

Register By: 15 Feb '17

EXERCISES TO RELIEVE MENOPAUSE SYMPTOMS

Menopause brings with it fluctuating hormones that mess with your sleep, pack on pounds of belly fat and make you irritable. Learn simple yoga postures to relieve Menopause symptoms such as mood swings and aches in this workshop.

Date: Saturday, 4 Mar '17 **Time:** 10am – 11.30am

Fees: Member \$30, Public Officer \$35, Member's Guest \$40

Contact: Serene Cho at 6391 5620 or serenecho@csc.sq



social activities

HEALTH

K-KARDIO DANCE

Revel in this fun aerobic workout as you jam to the most popular K-pop tunes. You will burn up to 500 calories while sweating out to 14 K-pop songs. Get into shape while feeling like a K-pop star!

Dates: 8 Mondays, 23 Jan – 20 Mar '17

(exclude 30 Jan '17) **Time:** 8pm – 9pm

Fees: Member \$100, Public Officer \$110,

Member's Guest \$120 **Venue:** CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 6 Feb '17

BREATHE MEDITATION

Breathing meditation helps you to calm the mind and develop inner peace. In this experiential workshop you will learn the purpose and benefits of breathe meditation. You will also get to experience how it is done.

Date: Friday, 20 Jan '17 **Time:** 7pm – 8.30pm

Fees: Member \$8, Public Officer \$10,

Member's Guest \$12 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 15 Jan '17



SELF IMPROVEMENT

PERFORM SPREADSHEET FUNCTIONS

(Excel 2013)

Interested to know how to use a spreadsheet application? Join this workshop and you will be able to develop, format and modify a spreadsheet. You will also learn to use standard formulas and functions, and create and format graphs or charts.



Dates: 3 Saturdays 11, 18 & 25 Feb or 11, 18 & 25 Mar '17

Time: 8.30am – 6pm Course Duration: 24 hours

Fees: Member \$120, Public Officer \$130,

Member's Guest \$135 **Venue:** Orchard Plaza

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before class

Applicable for Singaporeans & PR aged 21 to 39 years old.

PERFORM PRESENTATION FUNCTIONS

(PowerPoint 2013)

Impress your audience with your PowerPoint presentation. In this workshop, you will learn about creating, modifying and preparing presentations using different slide layouts and designs.

Dates: 3 Saturdays, 11, 18 & 25 Feb

or 11, 18 & 25 Mar '17 **Time:** 8.30am – 6pm **Course Duration:** 24 hours

Fees: Member \$120, Public Officer \$130,

Member's Guest \$135 **Venue:** Orchard Plaza

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before class

Applicable for Singaporeans & PR aged 21 to 39 years old.

PERFORM WORD PROCESSING FUNCTIONS

(Word 2013)

Be more efficient at work. Join this Word 2013 workshop and be able to accomplish everyday word processing tasks such as letters and other essential documents. You will learn work with documents and finally print them.

Dates: 3 Saturdays, 11, 18 & 25 Feb

or 11, 18 & 25 Mar '17 **Time:** 8.30am – 6pm **Course Duration:** 24 hours

Fees: Member \$120, Public Officer \$130,

Member's Guest \$135 **Venue:** Orchard Plaza

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before class

Applicable for Singaporeans & PR aged 21 to 39 years old.



SELF IMPROVEMENT



BASIC FRENCH

Pick up a language that is spoken in more than 80 countries and use it in your travels. In this course, you will learn Basic French from instructor Freddie, who has a Masters degree (Hons) in French. The course lays a strong foundation for the International DELF Diploma awarded by the French Ministry of Education. The Preparatory courses for the DELF exams are conducted at CSC.

Trial/Lesson 1 @ Tessensohn

For those who want to know more about the language before registering for the course.

Date: Friday, 24 Feb '17 **Time:** 7.15pm – 8.45pm

Fees: Members \$5, Public Officer \$8,

Member's Guest \$10 **Register By:** 17 Feb '17

French Beginner Course Lesson 2 – 7 @ Tessensohn

Dates: 6 Fridays, 3 Mar – 7 Apr '17

Time: 7.15pm – 9.15pm

Fees: Members \$160, Public Officer \$170,

Member's Guest \$180 **Register By:** 24 Feb '17

For the above courses:

Venue: CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg

LANGUAGE & CULTURE WORKSHOP



Know about the culture while picking up a new language. Besides language classes, you will also learn important elements of the culture related to the language. This workshop is carried out by an expert from Thailand and is ideal for those who want to learn another language in the shortest time.

Thai Language Course

Dates: 6 Mondays, 6 Mar – 10 Apr '17

Time: 7.30pm – 9pm

Fees: Member \$140, Public Officer \$150, Member's Guest \$160 **Venue:** CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 27 Feb '17

IMPROVE YOUR DIALECT

Dialects are slowly dying in Singapore. Preserve them by learning to communicate with your elders as well as your kinsmen through this language course.

Conversational Teochew For Beginners

Dates: 4 Wednesdays, 15 Feb – 8 Mar '17

Time: 7.30pm – 9pm

Fees: Member \$45, Public Officer \$55,

Member's Guest \$60 **Venue:** CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 8 Feb '17

DEAF AWARENESS AND BASIC SIGN LANGUAGE INTRODUCTION

Learn how to communicate with a deaf person. In this hands-on workshop you will pick up basic signing skills from a facilitator who is involved in the deaf community and fluent in sign language. You will also develop a deeper appreciation of the deaf culture.

Date: Saturday, 18 Mar '17 Time: 10am – 1pm

Fees: Member \$20, Public Officer \$25. Member's Guest \$28

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 12 Mar '17

BASIC MALAY LANGUAGE COURSE

Converse with confidence about everyday situations in the Malay Language. Join instructor Ms Sharifah Narimah and pick up the basics of the language while learning to bake Malay treats. Emphasis will be given to simple Malay grammar, conversation and vocabulary building.

Dates: 8 Mondays, 13 Feb – 3 Apr '17

Time: 7pm – 9.30pm

Fees: Member \$180, Public Officer \$190,

Member's Guest \$200

(Fees exclude additional \$12 of teaching materials to be paid directly to instructor)

Venue: CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 8 Feb '17

RESHAPE YOUR DESTINY IN THE YEAR OF ROOSTER

(In Mandarin)

Achieve career success and maximise your fortune in the Year of the Rooster. Join Master



Ang, a sought-after and recognised expert in Emperor Star Astrology and Geomancy, as he teaches you on how to attract environmental harmony and maintain good relationships.

您了解自己吗? 成功属于先知先觉者,让洪文顺师 傅为您解析人生运势、 开运风水秘诀,教您运筹帷幄、 趋吉避凶、拔得头筹, 准备新的冲刺、迈向美好的前景、 成为2017年的大赢家!

Fees include:

- ✓ 120 minutes introductory class of Fengshui
- ✓ 30 minutes floor plan reading session
- ✔ Fengshui DIY special edition magazine
- ✔ Aura reading session
- ✓ Auspicious Fengshui ornament
- ✔ Built-in compass in handphone

Date: Saturday, 14 Jan '17
Time: 10am – 12pm
Fees: Member \$79,
Public Officer \$85,
Member's Guest \$90
Venue: CSC @ Tessensohn
Contact: Serene Cho at 6391 5620

or serenecho@csc.sg **Register By:** 10 Jan '17



SELF IMPROVEMENT

INTRODUCING DIGITAL PHOTOGRAPHY:

A Hands-on Approach to Taking Pictures

Have you just started dabbling in digital photography and want to focus on understanding the basics? This workshop will help provide a systematic workflow to approach different photographic scenes so as to help build competence. You will also learn practical techniques in sharp focus, exposure control and composition.

All participants are encouraged to bring their cameras. Brief notes will be given.

Dates: Thursday and Saturday, 16 & 18 Feb '17 **Time:** 7pm – 9.30pm (16 Feb) & 8am – 11am (18 Feb) **Fees:** Member \$75, Public Officer \$85, Member's Guest \$90

Venue: CSC @ Tessensohn (for first session, 2nd session will be an outdoor venue to

be confirmed during 1st session)

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 9 Feb '17



CREATIVE DIGITAL PHOTOGRAPHY WORKSHOP:

Beyond the Basics

Know the basics of digital photography and looking to refine your photographic skill? This 2-day

workshop is for you. Learn how various camera settings affect images and pick up hand-holding techniques. You will practise what you have learned, so bring your DSLRs or cameras equipped with semiautomatic exposure modes. Brief notes will be given.

Date: Thursday & Saturday, 23 &

25 Feb '17

Time: 7pm - 9.30pm (23 Feb) &

8am - 11am (25 Feb)

Fees: Member \$75, Public Officer \$85,

Member's Guest \$90 **Venue:** CSC @ Tessensohn

(for 1st Session, 2nd Session will be an outdoor venue to be confirmed during

1st Session)

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 16 Feb '17

TRAVEL PHOTOGRAPHY:

Better Photography with your DSLR

Taking great pictures during your travel does not come naturally. It requires detailed preparation and planning. This workshop will introduce you to the challenges of travel photography. You will also learn how to prepare for a photo trip and deal with different scenes.

Dates: Thursday & Saturday, 2 & 4 Mar '17

Time: 7pm – 9.30pm (2 Mar) & 8am – 11am (4 Mar) **Fees:** Member \$75, Public Officer \$85, Member's Guest \$90 **Venue:** CSC @ Tessensohn (for first session, 2nd session will be an

outdoor venue to be confirmed during 1st session)

For details on course:

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 23 Feb '17



IMAGE EDITING

(Adobe Photoshop)

Improve your images so that they are fit for publishing. In this hands-on workshop you will understand the main concepts underlying digital images and use an image editing application to enhance images and prepare them for printing.

Dates: 3 Saturdays, 11, 18 & 25 Feb or 11, 18 & 25 Mar '17

Time: 8.30am – 6pm Course Duration: 24 hours Fees: Member \$120,

Public Officer \$130, Member's Guest \$135 **Venue:** Orchard Plaza

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before class

Applicable for Singaporeans &

PR aged 21 to 39 years old



TRAVEL

1D BEKOK VILLAGE TOUR

| Description | CSC Public on Member Officer (per pax) (per pax) | | Member's Guest (per pax) | | | |
|------------------------------|--|------------------|--------------------------------|--|--|--|
| Adult | S\$85.00 | S\$88.00 | S\$90.00 | | | |
| Child (4 – 11 yrs old) | S\$80.00 | S\$82.00 | S\$84.00 | | | |
| Child (3 yrs old & below) | FOC (no seat) | FOC (no seat) | FOC (no seat) | | | |

Go on a short trip to Bekok Village, a small town situated in Johor. Enjoy Kampung Nasi Lemak breakfast. Experience a slice of farming life by visiting a mushroom farm and a farm that features stingless bees. Enjoy your visit at a Chinese museum and see how traditional kuih (Bee Kuih) is made. Lunch and dinner are provided.

Date: Sunday, 12 Mar '17

Time: 6.15am – Meet at Lavender MRT (next to V Hotel, opposite ICA Building) or 6.30am – Meet at Woodlands MRT **Register By:** First-come, first-served basis

Tour By: Wei Xing Travel Pte Ltd (formerly known as I'Smart Leisure Pte Ltd)

For details and itinerary: Contact: Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

1D MAKAN MAKAN TOUR

| Description | CSC Member (per pax) | Public Officer (per pax) | Member's Guest (per pax) | |
|------------------------------|----------------------------|--------------------------------|--------------------------------|--|
| Adult | S\$75.00 | S\$80.00 | S\$85.00 | |
| Child (4 – 11 yrs old) | S\$70.00 | S\$75.00 | S\$75.00 | |
| Child (3 yrs old & below) | FOC (no seat) | FOC (no seat) | FOC (no seat) | |



This 1 day trip is all about everything related to food! Visit farms like mushroom, organic and bee to see how the food you have been eating are grown, harvested and cooked. Tour the Hock Chew Noodle Factory and see how noodles are made. Breakfast, lunch and dinner are provided.

Date: Saturday, 25 Mar '17

Time: Assemble at 6.30am at CSC @ Tessensohn **Register By:** First-come, first-served basis **Tour By:** Amazing Explorer Pte Ltd

For details and itinerary:

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

2D1N BENTONG

| Stay – GY Happy Farm | CSC Member (per pax) | Public Officer (per pax) | Member's Guest (per pax) |
|---------------------------------|----------------------------|--------------------------------|--------------------------------|
| Adult (Twin/ Triple) | S\$158.00 | S\$165.00 | S\$170.00 |
| Child w Bed (4 – 11 yrs old) | S\$128.00 | S\$135.00 | S\$140.00 |
| Child (3 yrs old & below) | FOC (no seat) | FOC (no seat) | FOC (no seat) |

Take a 2-day fun-filled trip to Bentong where we will head to the Chamang Water Fall for a cool retreat. The next day will be spent mountain climbing and visiting goat, prawn, fish, vegetable and durian farms. You will also have the chance to visit Tao Fu Bok factory and buy Bentong's famous We Dong Ginger before heading back to Singapore.



Date: Saturday to Sunday, 11 – 12 Mar '17 **Time:** Assemble at 6.30am at CSC @ Tessensohn **Register By:** First-come, first-served basis **Tour By:** Amazing Explorer Pte Ltd

For details and itinerary: Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

regular activities

CSC @ TESSENSOHN

| ACTIVITY | DATE | TIME | INSTRUCTOR | MEMBER | FEES: PUBLIC OFFICER | GUEST | GROUP SIZE | REGISTER BY | CONTACT |
|---|---|--|----------------|--------|----------------------------|-------|---------------------|----------------|-------------------------------|
| AQUA AEROBICS (TUE PM) | 12 Tuesdays, 11 April – 27 Jun '17 (No lesson on PH) | 6.30pm – 7.30pm | Ms Antonia | \$80 | \$90 | \$105 | 18 persons (max) | 5 Apr'17 | Vanessa at 6391 5641 |
| AQUA AEROBICS (SAT) | 12 Saturdays, 11 Feb – 22 Apr'17 (No lesson on PH) | 9am – 10am | Ms Anthea | \$80 | \$90 | \$105 | 18 persons (max) | 6 Feb '17 | Vanessa at 6391 5641 |
| DEEP AQUA (SAT) | 10 Saturdays, 11 Feb – 15 Apr'17 (No lesson on PH) | 8am – 9am | Ms Anthea | \$85 | \$95 | \$110 | 18 persons (max) | 27 Mar '17 | Vanessa at 6391 5641 |
| AQUA AEROBICS (SUN) | 12 Sundays, 9 Apr – 2 Jul '17 (No lesson on PH) | 9am – 10am | Ms Vikki | \$80 | \$90 | \$105 | 18 persons (max) | 1 Apr'17 | Vanessa at 6391 5641 |
| AQUA AEROBICS (WED) | 12 Wednesdays, 12 Apr – 5 Jul '17 (No lesson on PH) | 6.15pm – 7.15pm or 7.15pm – 8.15pm | Ms Vikki | \$80 | \$90 | \$105 | 18 persons (max) | 6 Apr'17 | Vanessa at 6391 5641 |
| BEGINNERS BALLROOM | 10 Tuesdays, 14 Mar – 26 May '17 | 8pm – 9pm | Mr Wu | \$70 | \$75 | \$80 | 12 persons (min) | 7 Mar'17 | Gek Cheng at 6391 5624 |
| BEGINNERS SALSA & BACHATA | 10 Fridays, 17 Mar – 25 May '17 (Except 14 Apr '17) | 8pm – 9pm | MrWu | \$70 | \$75 | \$80 | 12 persons (min) | 10 Mar'17 | Gek Cheng at 6391 5624 |
| BALLROOM TECHNIQUE CLASS- QUICKSTEP | 10 Sundays, 12 Mar – 14 May '17 | 2pm – 3pm | Jacie | \$70 | \$75 | \$80 | 12 persons (min) | 6 Mar '17 | Gek Cheng at 6391 5624 |
| BALLROOM LATIN AMERICAN CHA CHA CHA - SIMPLE VARIATION | 10 Sundays, 12 Mar – 14 May '17 | 3pm – 4pm | Jacie | \$70 | \$75 | \$80 | 12 persons (min) | 6 Mar '17 | Gek Cheng at 6391 5624 |
| BALLROOM TECHNIQUE CLASS – SLOW WALTZ | 10 Sundays, 12 Mar – 14 May '17 | 4pm – 5pm | Jacie | \$70 | \$75 | \$80 | 12 persons (min) | 6 Mar'17 | Gek Cheng at 6391 5624 |
| DEEP AQUA AEROBICS (TUE AM) | 10 Tuesdays, 14 Feb – 18 Apr '17 (No lesson on PH) | 8am – 9am | Ms Vikki | \$85 | \$95 | \$110 | 18 persons (max) | 7 Feb '16 | Vanessa at 6391 5641 |
| DEEP AQUA AEROBICS (THU) | 10 Thursdays, 9 Feb – 13 Apr'17 No lesson on PH) | 6.30pm – 7.30pm | Ms Anthea | \$85 | \$95 | \$110 | 18 persons (max) | 2 Feb '16 | Vanessa at 6391 5641 |
| DEEP AQUA AEROBICS (FRI) | 10 Fridays, 31 Mar – 9 June '17 (No lesson on 27 Jan '17 & PH) | 7pm – 8pm or 8pm – 9pm | Ms Vikki | \$85 | \$95 | \$110 | 18 persons (max) | 18 Mar '17 | Vanessa at 6391 5641 |
| PILATES BY MABELINE | 10 Mondays, 13 Feb – 17 Apr'17 | 7pm – 8pm | Ms Mabeline | \$85 | \$95 | \$100 | 12 persons (min) | 6 Feb '17 | Serene Cho at 6391 5620 |

regular activities

CSC @ TESSENSOHN

| ACTIVITY | DATE | TIME | INSTRUCTOR | MEMBER | FEES: PUBLIC OFFICER | GUEST | GROUP SIZE | REGISTER By | CONTACT |
|---|--|---|--|---------------|-------------------------------------|----------------|---------------------|------------------------|--------------------------|
| SWIMMING LESSONS AT TESSENSOHN (CHILDREN) | 4 Lessons Jan / Feb'17 Choice of Sunday | Depending on swimming & age (Instructors will advise) | Mr Kurusamy / Seng Yung / Derick / Chang | Child \$70 | Child \$80 | Child \$85 | 15 persons | 15 Jan / 15 Feb '17 | Vanessa at 6391 5641 |
| SWIMMING FOR LADIES (BEGINNER) | 10 Mondays, 3 Apr – 12 Jun '17 (No lesson on PH) | 7pm – 8pm | Ms Thipa | \$210 | \$220 | \$230 | 12 persons | 28 Mar '17 | Vanessa at 6391 5641 |
| SWIMMING FOR LADIES (INTERMEDIATE) | 10 Mondays, 3 Apr - 12 Jun '17 (No lesson on PH) | 8pm – 9pm | Ms Thipa | \$210 | \$220 | \$230 | 12 persons | 28 Mar '17 | Vanessa at 6391 5641 |
| TRADITIONAL TAEKWON-DO FOR ADULTS (MON) | 11 Mondays, 3 Apr – 19 Jun '17 (No lessons on eve and PH) | 8.30pm – 10.30pm | Singapore TaeKwon-Do Academy | \$60 | \$70 | \$80 | 10 persons (min) | 27 Mar '17 | Hai Ming at 6391 5607 |
| TRADITIONAL TAEKWON-DO | 13 Saturdays, 1 Apr – 24 Jun '17 | 3pm – 4.30pm (Beginner & | Singapore TaeKwon-Do | \$60 | \$70 | \$80 | 10 persons (min) | · · | Hai Ming at 6391 5607 |
| (SAT) | (No lessons on eve and PH) | Coloured Belt) or 4.30pm - 6pm (Red & Black Belt only) | Academy | \$150 | ent and cl parent ar children | | | | |
| WING CHUN KUNG FU, "CHI SAU" THUR – FEB | 4 Thursdays, 2 – 23 Feb'17 (No lesson on PH) | 8pm – 10pm | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 26 Jan '17 | Hai Ming at 6391 5607 |
| WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – FEB | 4 Saturdays, 4 – 25 Feb '16 (No lessons on eve and PH) | 9am – 10.30am | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 28 Jan '17 | Hai Ming at 6391 5607 |
| WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – FEB | 4 Saturdays, 4 – 25 Feb'16 (No lessons on eve and PH) | 10.30am – 11.30am | Sifu Ken Lau | Child \$90 | Child \$95 | Child \$100 | 10 persons (min) | 28 Jan '17 | Hai Ming at 6391 5607 |
| WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – FEB | 4 Saturdays, 4 – 25 Feb '16 (No lessons on eve and PH) | 11.30am – 1pm | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 28 Jan '17 | Hai Ming at 6391 5607 |
| WING CHUN KUNG FU, "CHI SAU" THUR – MAR | 5 Thursdays, 2 – 30 Mar '17 (No lesson on PH) | 8pm – 10pm | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 23 Feb '17 | Hai Mingat 6391 5607 |
| WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – MAR | 4 Saturdays, 4 – 25 Mar '17 (No lessons on eve and PH) | 9am – 10.30am | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 25 Feb '17 | Hai Ming at 6391 5607 |

regular activities

CSC @ TESSENSOHN

| ACTIVITY | DATE | TIME | INSTRUCTOR | MEMBER | FEES: PUBLIC OFFICER | GUEST | GROUP SIZE | REGISTER BY | CONTACT |
|---|--|----------------------------|--------------|--------|----------------------------|-------|---------------------|----------------|-------------------------------|
| WING CHUN KUNG FU, "CHI SAU" (CHILDREN) - MAR | 4 Saturdays, 4 – 25 Mar'17 (No lessons on eve and PH) | 10.30am – 11.30am | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 25 Feb '17 | Hai Ming at 6391 5607 |
| WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) - MAR | 4 Saturdays, 4 – 25 Mar'17 (No lessons on eve and PH) | 11.30am – 1pm | Sifu Ken Lau | \$90 | \$95 | \$100 | 10 persons (min) | 25 Feb '17 | Hai Ming at 6391 5607 |
| YOGA BY HUAY LIN | 10 Fridays, 20 Jan – 24 Mar'17 | 7pm – 8pm or 8pm – 9 pm | Ms Huay Lin | \$75 | \$80 | \$85 | 12 persons (min) | 15 Jan '17 | Serene Cho at 6391 5620 |

CSC @ BUKIT BATOK

| ACTIVITY | DATE | TIME | INSTRUCTOR | MEMBER | FEES: PUBLIC OFFICER | GUEST | GROUP SIZE | REGISTER BY | CONTACT |
|-----------------------------------|---|---|--|----------------|----------------------------|----------------|---------------------|------------------------|--------------------------|
| DEEP AQUA AEROBICS (SAT) | 10 Saturdays, 1 Apr – 27 May '17 (No lesson on PH) | 8.30am – 9.30am | Mr Kelvin | \$85 | \$95 | \$110 | 18 persons (max) | 26 Mar'17 | Vanessa at 6391 5641 |
| DEEP AQUA AEROBICS (TUE) | 10 Tuesdays, 21 Mar – 23 May '17 (No lesson on PH) | 7pm – 8pm | Ms Anthea | \$85 | \$95 | \$110 | 18 persons (max) | 18 Mar'17 | Vanessa at 6391 5641 |
| AIKIDO (CHILDREN) | 12 Sundays, 12 Feb – 30 Apr'17 (No lesson on PH) | 10am – 11am | Mr Steven Goh | Child \$120 | Child \$130 | Child \$135 | 20 persons | 5 Feb'17 | Hai Ming at 6391 5607 |
| AIKIDO (ADULT) | 12 Sundays, 12 Feb – 30 Apr'17 (No lesson on PH) | 11am – 12pm | Mr Steven Goh | \$120 | \$130 | \$135 | 20 persons | 5 Feb'17 | Hai Ming at 6391 5607 |
| TRADITIONAL TAEKWON-DO | 13 Saturdays , 1 Apr – 24 Jun '17 | 3pm – 4.30pm | Singapore TaeKwon-Do | \$60 | \$70 | \$80 | 10 persons (min) | 25 Mar'17 | Hai Ming at 6391 5607 |
| | (No lessons on eve and PH) | | Academy | | rent and c | | | | |
| SWIMMING LESSONS (CHILDREN) | 4 Lessons Jan / Feb '17 Choice of Sunday | Depending on swimming level & age (Instructors will advise) | Mr Yusman / Ishaak / Paul / Vishnu | Child \$70 | Child \$80 | Child \$85 | 15 persons | 15 Jan / 15 Feb '17 | Vanessa at 6391 5641 |

CSC @ BUKIT BATOK

| ACTIVITY | DATE | TIME | INSTRUCTOR | MEMBER | FEES: PUBLIC OFFICER | GUEST | GROUP SIZE | REGISTER BY | CONTACT |
|---------------------------|---|--------------------|-------------------|--------|----------------------------|-------|---------------------|----------------|-------------------------------|
| SWIMMING FOR LADIES | 10 Thursdays, 23 Mar – 1 Jun'17 (No lesson on PH) | 7.30pm – 8.30pm | Ms Thipa | \$210 | \$220 | \$230 | 12 persons | 18 Mar'17 | Vanessa at 6391 5641 |
| PILATES BY AGNES YOONG | 10 Saturdays, 4 Feb – 8 Apr '17 | 11am – 12pm | Ms Agnes Yoong | \$85 | \$95 | \$100 | 12 persons (min) | 28 Jan '17 | Serene Cho at 6391 5620 |
| YOGA BY RITA | 10 Tuesdays, 28 Feb – 2 May '17 | 8pm – 9pm | Ms Rita | \$75 | \$80 | \$85 | 12 persons (min) | 21 Feb'17 | Serene Cho at 6391 5620 |

CSC @ CHANGI

| ACTIVITY | DATE | TIME | INSTRUCTOR | MEMBER | FEES: PUBLIC OFFICER | GUEST | GROUP SIZE | REGISTER BY | CONTACT |
|-----------------------------------|--|--|-----------------------|---------------|----------------------------|---------------|------------|------------------------|----------------------------|
| SWIMMING LESSONS (CHILDREN) | 4 Lessons Jan / Feb '17 Choice of Sunday | Depending on swimming level & age (Instructor will advise) | Mr Chang Mun Chung | Child \$70 | Child \$80 | Child \$85 | 15 persons | 15 Jan / 15 Feb '17 | Vanessa at 6391 5641 |

| Name (*Mr/Mrs/Mdm/Miss): | _CSC Membership No./NRIC No: |
|---|---|
| Membership Type: *Ordinary/Supplementary/Retiree/Life/Associate | Gender: *Male/Female |
| Address: | Singapore () |
| Contact No:Email: | Marital Status: *Single/Married (*delete where appropriate) |
| I would like to participate in: | (activity & date) formembers including myself. |
| Indicate name and membership number if more than one member: | and () guests. |
| Indicate name(s) of guest(s): | |

For swimming lessons, please contact the clubhouse at 6391 5605. For badminton section, please contact the sports section at 6391 5619.

- Registration of activities is based on a first-come-first-served basis.

 All guests must be accompanied by members.

 All fees paid are non-refundable unless the activity is cancelled by the Club. Please contact us if you do not hear from us one week before the activity.

 Applications must be accompanied by full payment. Please send separate cheques for the different activities.

 Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.

 Unless otherwise stated, cheques should be sent to: Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664

 The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation themin. activities organised or participation therein.

UPGRADE YOUR SKILLS TO STAY AHEAD!

CSC is proud to present a series of Talent Development Programmes to assist organisations in training its talents to succeed in effecting change and improve business performances. Experienced business consultants and outstanding coaches are on hand to offer their expertise in a small group settings. Be a leadership retreat on a hilltop resort experience, a retreat by the seaside or a department training in town, CSC offers organisations customised solutions to their training needs.

| PROGRAMME TITLE | | FEES | TRAINER | | |
|--|--|---|---|--|--|
| Unleash Your Career through Business Networking! | Building meaningful long term relationships is the foundation for our career success. Learn to engage people with confidence and uncover hidden opportunities with influential people that can help you. | \$160 per pax Min 15 pax 4 hours session | Peter Hum Peter Hum is the founder of StrateValue Pte Ltd, a leading business consultancy and thought leadership firm. He has more than 16 years of real-life selling and people | | |
| Creating a Powerful Personal Brand for Career Success! | Personal branding is perhaps the most powerful asset we have for building career success. Using social media tools like Linkedin, learn to build a credible and sustainable reputation that stands out. | \$160 per pax Min 15 pax 4 hours session | networking experience and has been featured in leading Asian publications. Preetam Bose Preetam Bose is the Account Director of CenturyLink Pte Ltd, a leading US Hybrid IT Solution Provider. He has 17 years of international business experience and is an Executive Council Member of the Association of Telecommunications Industry of Singapore. | | |
| Understanding and Managing Change | Understand the processes that lead to change in organisations. Through group discussions on issues and discomfort in changes and case studies on organisations that changed successfully, you will enhance your knowledge and pick up skills of transforming your workplace. | \$350 per pax Min 15 pax 16 hours session | James Suresh James Suresh is a certified EQ trainer, PR consultant and bestselling author. The co- creator of Singapore's comic icon 'Mr. Kiasu', his book 'On a Street in Singapore' has won awards. Following his 15-year stint in the army, he set up a publishing and design company | | |
| Handling Difficult People | Identify and deal with various types of difficult behaviour you may encounter, especially at the workplace. In this workshop, you will understand the good intentions behind bad behaviour and learn how to bring out the best in people at their worst. | \$350 per pax Min 15 pax 16 hours session | before pursuing his interest in training and PR consulting. | | |
| The Art of Conversation | Conversation is our main way of expressing ourselves and establishing relationships in different settings. You will learn how to tune in to people you meet and start and sustain conversations in every situation. | \$180 per pax Min 15 pax 8 hours session | | | |

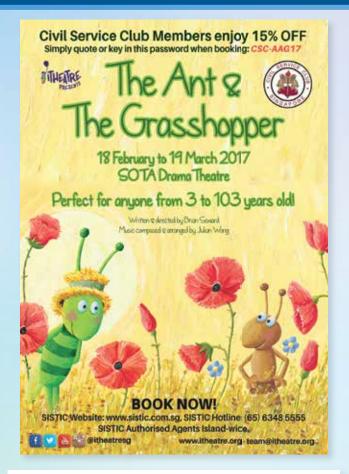
Fees are inclusive of GST. Each half day session will include 1 complimentary tea break.

Fees stated are for public sector corporate groups only, for private sector groups,

please contact Hai Ming at 6391 5607 or onnhaiming@csc.sg for more details.

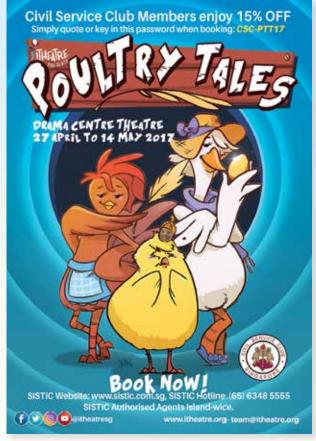
CSC MEMBERS' Perks

Being a CSC member sure pays off! Just flash your CSC card to enjoy these privileges. Check out the great deals in store for you!









Civil Service Club

ORDINARY 1EMBERSHIP ROMOTION

(For Public Officers)

Promotion ends 28 Feb '17

Sign up now at www.csc.sg and

receive a \$10 CSC Club voucher!

The Club of Choice for Public Officers. With a membership fee of only \$6 per month, you have access to three modern Clubhouses at Bukit Batok, Changi and Tessensohn, offering you a wide range of recreational facilities and social activities to meet your lifestyle needs and more. Your parents, spouse and children (3 and below 21 years) are welcome to join the club as supplementary members for free! Only a \$10 card fee is needed.

Be it a movie treat, a weekend staycation, a bowling night out, a cooking class or a quiet yoga session. There is always a treasured experience waiting to be discovered.

Find out more at www.csc.sg

Year Ordinary Membership \$360



Chalet 2 Nights** (Off-Peak) **RRP \$296**



Claude Bernard Gents or Ladies Watch* (Model: 53007) **RRP \$315**



Garmin VivoSmartHR Black or Blue* RRP \$229

Year Ordinary Membership \$216



Chalet 1 Night** (Off-Peak) **RRP \$148**

Promo code:

OR

Guy Laroche Gents or Ladies Watch (Model: 6071) **RRP \$220**



Garmin VivoFit3 Black or White* **RRP \$149**

Year Ordinary Membership \$144







Toiletries Bag **RRP \$10**

Picture for illustration purpose only. While stocks last.